

ENTERPRISE JUNIOR HORNET CHEER CONTRACT

The rules of Sacramento Youth Football (SYF) and Enterprise must be strictly adhered to at all times.

EJH CHEER DRESS CODE

1. Snug fitting shirts and shorts are required at all practices. Athletic appropriate capris or leggings, pullover sweatshirt with no pockets or hood., encouraged in cold months. Tank tops must not have spaghetti straps. Shirts may have writing or graphics on them as long as they are not vulgar, sexually suggestive, or promote drugs, tobacco or alcohol. Shirts may not be tied up the front or back for slit on the side and no fringe. *Violators will not be permitted to participate in team practice until appropriate attire is worn and will complete alternate conditioning.
2. Do not roll shorts or sweats. All clothing must be free of zippers and buttons. No jeans! Appropriate length shorts. Absolutely no spandex shorts, sport bras will not be worn as tops. Shorts must be of a conservative length, bloomer's are not shorts and will not be worn as shorts.
3. Practice shoes must be athletic tennis shoes without zippers or platforms and must have a back, no converse.
4. Simple stud earrings may be worn at coaches discretion and at your own risk! They must be spherically conservative round white diamond, gold, white pearl, or silver earrings as a set and not distract from the uniform, they will not exceed 6mm in size. If an athlete has multiple piercings, only one set of earrings may be worn and will be worn in the lowest piercing on the earlobe. All other jewelry is expressly prohibited including belly button rings and oral jewelry. If a cheerleader has a medical alert bracelet it must be taped to the wrist or under the apparel.
5. Fingernails must be trimmed to a sport length, athletes must be able to make a fist without leaving indentations in the palm. Fingernail polish on game days must be uniform throughout the team, will be in team colors or think pink themed for October, no chipped or artificial nails anytime.
6. Hair must be up and out of face, absolutely no metal hair clips or clip in bows, Bobby pins are permitted.
7. Game day make up is to be natural. No eyeshadow, dark or excessive liner.
8. The cheer uniform is your property and your responsibility. Uniforms must be clean and in good condition for use on game and competition days. If the uniform is damaged, replacement cost will be no less than \$180, cheerleaders must have a uniform to participate.

Cheerleader Section:

1. I will represent Enterprise Junior Hornets in a positive manner, with pride and respect at all times. I will encourage my teammates' effort without criticism. I will treat other cheerleaders and players, no matter what town or squad they are from with respect. _____
2. As a EJH Cheerleader I will refrain from all PDA while in uniform and/or while attending EJH functions. _____
3. I understand that the EJH staff is to be treated with respect at all times, including the junior coaches. Disrespectful/Disruptive behavior, foul language, or failure to follow directions from coaches may result in dismissal without refund. _____
4. I understand that the use of tobacco, alcohol or drugs on or off the field are grounds for immediate dismissal without refund. _____
5. I understand that the use of public forums i.e. Facebook, Snapchat, and Twitter etc. or Text to harass, embarrass or hurt another child, cheerleader, player, Enterprise or any other program or school will be a violation for dismissal.
6. Likewise, if a picture or video is posted where the cheerleader is participating in inappropriate behavior it will also be grounds for dismissal. _____
7. I will not attempt any stunt unless a certified coach is present. Stunting at home, school, before or after practice is strictly prohibited. Cheerleaders breaking this rule will stand 1/4 of that week's game. _____
8. I understand that eating in my uniform is prohibited. I am responsible for bringing a change of clothes for after my game. I understand that I am responsible for loss or damage to the uniform and I may not participate without a uniform in fair condition. _____
9. Water and sport drinks (NO RED) only for practice absolutely no coffee, energy drinks or sodas will be permitted on practice fields, these items will be confiscated and disposed of when necessary. _____
10. I will follow the dress code as stated. _____
11. If you are removed from the team for disciplinary reasons during the season it will result in a "NO" Cheer eligibility for the following season. _____

Parent Section:

1. No person without a badge is permitted on the practice or game field at any time. Please do not any time interfere with practices or games. You may not be inside the fence during practices or on the track during games. Sideline coaching or criticism is prohibited. If you wish to watch your cheerleader practice, you may do so from the designated parent area.
2. I agreed to get my child to all scheduled practices, games and championships. If I am unable to do so I will contact the coach before the start of practice or function, in the event I cannot reach the coach I will contact Trish.
3. You may not call your cheerleader out of a designated practice area. If it is necessary to speak to your child, go to the coach first.
4. You may request a conference with your child's coach at any time during the season, preferably scheduled before or after practice.
5. Parents will not use social media as a platform for criticism of the program, coaches, board members, participants or other parents and may result in dismissal from the program without refund.
6. Verbal abuse or physical threats towards EJH will not be tolerated. If you have a complaint it will be addressed in the following manner, you will calmly approach the squad's coach with your concern before or after practice or by phone or email, if you feel it is not resolved to your satisfaction, you will then contact the Cheerleading VP (Nikita). If the matter is still unresolved the CVP will arrange a meeting with the board of directors to address your concerns.
7. The use of tobacco, alcohol or drugs during EJH events will result in immediate dismissal.

Attendance:

1. Attendance is imperative to the success of our program. You are responsible for arranging transportation for your child to and from all scheduled events. Your child must be dropped off and picked up in a timely manner. If you need assistance with transportation, please notify your coach ASAP and staff will assist in facilitating carpooling.
2. Coaches are responsible for keeping the squad attendance. Tardies will count the same as absences when reviewing end of year attendance.

3. In rare instances coaches may be forced to reschedule practices, Coaches will give as much advance notice as possible. These are still mandatory practices, absences will not be excused.
4. Cheerleaders who are late to practice and/or miss practice without excuse, will stand out of formation 1/4 of that week's game. Cheerleaders who are late to game day check-in will stand out of formation 1/4 of that game. Cheerleaders that miss a Thursday practice without excuse, will not participate in halftime at that week's game.
5. The following qualify as excused absences; a. School events where student participation is mandatory. *Back to school night is an event for parents not children and will not be excused. b. Absences that have been arranged and approved by the Coach prior to the start of the season. c. Children experiencing severe illnesses i.e. high fever, vomiting or diarrhea. *If your child is not feeling well or is injured and cannot participate in practice their attendance is still mandatory. A safe viewing area is always available. Players are expected to attend all practices and games in support of their teams. d. Unforeseeable family tragedy or emergencies.
6. Please notify coaches as soon as you are aware your child will be unable to attend a scheduled practice.
7. Players with six (6) unexcused absences prior to SYF qualifiers in October may be removed from competition participation, players with nine (9) unexcused absences and/or tardies during the football season will not be eligible for extended season participation.

I, _____ have read and reviewed this contract with my cheerleader, I understand the contract of the Enterprise Junior Hornet Cheer program, and agree to comply with the rules and standards there in.

 (Parent Signature)

 Date

 (Cheerleader Signature)

 Date