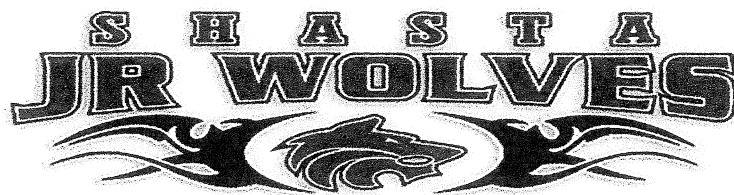


2023
Cheer
Parent
Packet



2023

We are happy to welcome all athletes and parents to the Shasta Jr. Wolves Youth Football/Cheerleading program. We are hopeful that this will be the most exciting and rewarding season you've ever experienced. Our goal is to develop well- rounded young men and women who learn not only the fundamentals of football/cheerleading, but also the importance of education and teamwork. We intend to create an atmosphere conducive to developing a sound mind, strong body and good character. Of course, we want to have a good time along the way! We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons of value such as: self-discipline, teamwork, concentration, friendship, leadership, and, good sportsmanship.

THE LOVE OF THE GAME

This is an important part of any athlete. A good athlete enjoys the competition, and is willing to work 100% to be an asset to the team. He or She has the willingness to fill any position, has the motivation to study the playbook/cheer sheet and be responsible to his/her teammates.

POSITIONS

During the first few weeks of practice, the coaches will decide the best position for each athlete. This is a coaching staff decision and will be made based on what each athlete has demonstrated through ability, determination and commitment. Athletes will be assigned positions that are in the best interest of the team. Not all athletes will participate in positions that parents may desire them to play, but positions that will help the team successfully achieve their goals.

WINNING

Nothing in life, INCLUDING football/cheerleading, is worthwhile unless you enjoy it and gain something from the experience. Certainly, we desire to win games/competitions and we will set our goals high, but our lives will not be ruined if we do not achieve a victory. Our team should not believe that a loss is a tragedy, but rather an opportunity to learn and strive to achieve better performance. The only expectations we hold is that each athlete do their best. If we are victorious, GREAT! If we are not victorious, it's not the end of the world. When one game ends (victorious or not) it is time to focus on the next game. Coaches that think only of winning do not belong in football/cheerleading. Please try this: at the end of each game, ask your child if he/she had a good time instead of whether he/she won or lost.

Please understand, we feel that we owe it to the athletes to do everything we can to make them winners. We intend to win every game/competition. To this end, we will expect each athlete to practice hard and to play hard, always striving to perform to the best of their ability on that day. Our scores will reflect this.

COACHES

Our coaches can only do their best. We view coaching as an awesome responsibility, they will:

- Get the athletes in shape
- Strive to understand each athlete's potential
- Work on individual skills for each position.
- Work on team execution
- Motivate, Communicate & Lead
- Perform the "behind the scenes work" that will give the athletes the maximum chance of success
- Teach the athletes the skills needed to safely play football or cheerlead

Coaches must have the freedom to develop three things in their athletes: Pride, Poise & Self-Confidence. We use the following steps to instruct the game:

- Explain what is required
- Demonstrate the technique
- Have the player perform the technique
- Explain the consequences of not performing the technique properly
- Execute the consequences (if needed)

If there are any problems with the coaching staff, please contact your Player Representative or an SJW Board Member.

Welcome to Shasta Jr Wolves! We are looking forward to an amazing 2023 Season.

Please read and discuss the following information with your player and then sign and initial in all areas required. Your player will not be allowed to participate at practice until all required paperwork has been signed and returned. Thank you

* All practices will be held at Shasta High School's Thompson Field

Our practice schedule is as follows:

*Practice will be held Monday – Thursday, 6:00 – 8:30pm,

*Practice will be held Tuesday – Thursday, 6:00 – 8:00pm,

All Home games will take place at Shasta High School's Thompson Field

* Cheerleaders are to be there 1 hour prior to game time. Cheerleaders must be in full, clean uniforms (including bloomer issued with uniform, white no show socks & issued clean cheer shoes) with hair pulled out of face appropriately to participate.

If you are late for check-ins you will sit out the first half of the game.

Game times and schedule included in the Parent Packet.

> As a representative of the Shasta Jr. Wolves, you will be expected to abide by all rules set forth by Sacramento Youth Football (SYF), the Shasta Jr. Wolves Board of Directors, and your coaching staff. Failure to abide by these rules may result in suspension or expulsion from the program.

> It is a privilege, not a right, to be a Shasta Jr. Wolf. Many people have donated their time, money and support to provide this opportunity. This is a time for you to establish a winning attitude, develop leadership skills and be a true team player.

Sincere
Thank-you,
Shasta Jr Wolves

Shasta Jr. Wolves Cheer Contact Information:

Cheer Coordinator: Courtney Bell

President: Joshua Welch Sr

Email: cheer@shastajrwolves.com

Website: www.shastajrwolves.com

Facebook: Shasta Jr. Wolves

Welcome to SJW 2023 Cheer Season. We have made a few changes this year for our cheer squads and parents, we would like to have a team mom per squad to help out with various duties so that our game days and practices can run smoothly. If you are interested in being a team mom please contact us at the above information.

Please feel free to call or email us with any questions that you might have. Also please find us at shastajrwolves.com or on Facebook at [shastajrwolves](https://www.facebook.com/shastajrwolves); we will be posting important information regarding fundraising, fittings and organization news. We are looking forward to an great 2023 season and SJW being successful! Thank you!



CHEERLEADING FEE SCHEDULE

Cheerleader Fee Includes: \$425.00 Cheer Fees, this includes 375.00 cheer dues plus 50.00 worker bond.

All Cheerleader fees (\$425.00) MUST be paid in full by MAY 30th or your spot on the prospective team/squad may be lost and an athlete on the waiting list will be selected instead.

Refund Policy: All refund requests made PRIOR TO THE FIRST DAY OF PRACTICE will be considered on a case by case basis by the SJW Board.

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All monies due must be paid in full in order for your cheerleader to be allowed on the field or receive any equipment.
NO EXEPTIONS!!!

*All paperwork (cheerleader sports physical dated after April 1, 2023, school enrollment form, parent/athlete contract and wallet size photo) must be turned in by the first day of practice or your child will be ineligible to begin practices.

AUTHORIZATION FOR SHASTA JR. WOLVES CONSENT TO MEDICAL TREATMENT OF A MINOR

In accordance with Family Code §6910, I hereby authorize a coach or board member for the Shasta Junior Wolves (an adult into whose care the below named minor(s) has been entrusted) to consent to any X-ray examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care of:

(Name of Minor)

Deemed advisable by a licensed physician or dentist and provided by that physician or dentist, or under that physician's or dentist's supervision, regardless of where that treatment is provided.

(Signature)

(Date)

(Print Name)

Please specify relationship to minor:

☐ Parent with legal custody

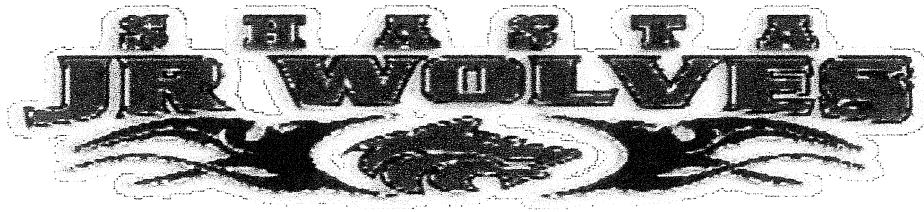
☐ Guardian with legal custody

Insurance Company: _____ Group #: _____

Medical Examination

(Date)

Athletes Name:						
Height:	Weight:		BP:	Temp:		Notes:
	Normal	Abnormal		Normal	Abnormal	
1. Appearance			13. Teeth			
2. EENT			14. Neck			
3. Hearing			15. Back			
4. Lymph Nodes			16. Shoulder			
5. Heart			17. Elbow/Arm			
6. Murmurs			18. Wrist/Hands/Fingers			
7. Pulse			19. Hips			
8. Lungs			20. Upper Leg			
9. Abdomen			21. Knees			
10. Genitourinary			22. Lower Leg			
11. Skin			23. Ankles			
12. Head			24. Feet/Toes			
I hereby Certify that this athlete was examined by me on this date and IS/IS NOT physically fit to participate.					Physician Name, Address & Phone:	
Physician signature:			Date:			



CHEERLEADING REGISTRATION CHECKLIST

Player _____ Division _____

Required Paperwork for Registration - Shasta Jr. Wolves Representatives

- _____ Player Info/Payment Info Half Card
- _____ Fee Schedule (Read and Sign)
- _____ Parent Athlete Contract (SJW)
- _____ Current Physical
- _____ Attendance Policy
- _____ Current Wallet Sized Photo
- _____ Inter-district Transfer (*if applicable*)
- _____ Stunt Safety Policy (Cheer)
- _____
- _____ Player Registration (Hard Card/SJW document)
- _____ Proof of Grade Level i.e. Report Card
- _____

Checked by _____

Player Fee Schedule Cont....

Player _____ D.O.B. _____ Weight _____

__ Mailing Address: _____

—

Best way to contact parent/guardian is (i.e. cell phone, text, etc.): _____

Mother/Guardian: _____ Cell _____ Home _____

Mother/Guardian Email: _____

Father/Guardian: _____ Cell _____ Home _____

Father/Guardian Email: _____

Player/Cheerleader Physician: _____ Phone: _____

Medical Conditions: _____

Medications being used: _____

Allergies: _____

By signing below I acknowledge that I am the Parent/Guardian of _____. My signature also states that I **have received, read and agree to Shasta Jr. Wolves Cheerleading Fee Schedule. I am agreeing to pay the \$425.00 cheerleader fee in full at the time of signups. I understand that if the above amount is not paid in full at signups that my child may be moved to the waiting list.** I also understand that all paperwork, including physical, report card and photo, must be turned in to Shasta Jr. Wolves no later than the first day of practice. My player/cheerleader will be ineligible to practice until all said paperwork has been completed and turned in. Lastly I agree that I received, read and fully understand Shasta Jr. Wolves refund policy and my rights to a refund.

Make checks payable to Shasta Jr. Wolves
Mail to: PO Box 990058 Redding, CA 96099

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____

2023 SHASTA JR. WOLVES

Parent-Athlete Contract for _____ (Cheerleader Name)

ORGANIZATION RULES/ATHLETE CODE OF CONDUCT

- Keep up with your schoolwork. Academics are first priority within the organization; parents and coaches may use disciplinary action if school work falls behind.
- If you don't practice, you don't play. All excused absences must be coordinated in advance with the coaches. If you don't make an effort to attend practices, the organization is not required to play you.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions. With the high quality of kids, we have in this program, this is not expected to be a problem.
- Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in disciplinary action. This also goes for our opponents. Without them, there would be no contest, so treat them with respect.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Come to practice on time. Be prepared to work and participate.
- Learn the rules of the game. Remember especially the safety rules. Players who draw flags for unsportsmanlike conduct, late hits, or other serious safety violations may be removed for the remainder of the game at the coach's discretion.
- Know the function of each position. This will help you as an athlete and your team's success.
- Arrive on time for practices and games. Six PM means you are on the field and in position at six PM, so you must be a few minutes early. A six PM practice begins at 5:55 PM.
- Read and understand your play book. It is there to help you succeed

__Parent __Cheerleader

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. The last resort is to use game suspensions. Coaches will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem in this organization.

__Parent __Cheerleader

PARENTS

Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect. Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players.

1. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, game officials, and administrators at all times.
2. I will place the emotional and physical well-being of all athletes ahead of any personal desire to win.
3. I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
4. I will remember that the game is for the children, not for the adults.
5. I will ask my child to treat other athletes, coaches, game officials, administrators, and fans with respect.
6. I will always be positive.
7. I will always allow the coach to be the only coach, by refraining from coaching from the sidelines or at home.
8. I will not enter into arguments with the other squad's parents, athletes, or coaches.
9. I will not enter the practice or game areas for any reason during the game or practice.
10. I will not criticize game officials.
11. I will be held financially responsible if equipment is lost or damaged beyond minor repair.
12. I will not argue or show aggression with a coach 24 hours prior to a game, during a game or 24 hours after a game, If you disagree with something you can speak with the player rep or Vice President.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in a youth sports event I will be subject to disciplinary action, including but not limited to the following in any order or combination:

- Verbal warning by SJW Board members
- Written warning by SJW Board members
- Suspension or immediate removal from SJW event
- Suspension or immediate removal from SJW season
- Expulsion from the Shasta Jr. Wolves Program

In taking the opportunity to make this year with the Shasta Jr. Wolves as positive and memorable as we can, by signing this agreement you the Parent and Athlete agree to abide by the rules set forth by the SJW Organization.

Parent Signature: _____

Date:

Athlete Signature: _____

Date:

Attendance Policy:

Attendance at all practices and games is mandatory. However, a player may not attend practices from time to time, and for this reason this policy will address those issues.

Excused Absences/Tardiness

- Absence due to illness of the player.
- Absence due to a serious illness or death of a family member.
- Absence due to Family vacation and taken prior to the Annual Jamboree.
- Absences due to scheduled school or church activities.
- Absences due to schoolwork or assignments.

The Head Coach may determine exceptions to the above, provided the same are enforced uniformly.

Unexcused Absences/Tardiness

- Unexcused absences shall be defined to include but not limited to the following:
- Failure, in a timely fashion, to advise the Head Coach of the absence.
- Absence due to family trips or vacation taken after the Jamboree.
- Absence due to conflict with other sports/teams.

The Head Coach may determine exceptions to the above, provided the same are enforced uniformly.

Consequences of Absences

- If a player misses one (1) **EXCUSED** practice there will be no consequences.
- If a player misses one (1) **UN-EXCUSED**, or two (2) **EXCUSED** practices the player will not be allowed to be on the starting unit in that week's game.
- If a player misses two (2) **UN-EXCUSED** or three (3) **EXCUSED** practices the player will not be allowed to play in that week's game.
- If a player misses all three (3) practices for **ANY** reason the player will not be allowed to play in that week's game.

Decisions shall be the sole discretion of the head coach.

Tardy Policy:

It is very important to everyone that all athletes are ready to practice promptly at the time scheduled; we do however understand that some days an athlete may be late to practice. The Shasta Jr. Wolves will use this policy to deal with tardiness.

0-30 minutes late:

Head Coach will determine disciplinary action to athlete depending on circumstances could include but not limited to, extra conditioning, extra stretching, etc...

30+ minutes late:

Athlete will be given an unexcused absence.

(Player Name) Print

(Player Signature)

(Date)

(Parent Name) Print

(Parent Signature)

(Date)

Shasta Jr. Wolves Photo Release

I hereby authorize Shasta Jr, Wolves, to publish photographs taken during any league event of my minor child and his/her name, for use on the website or any publications. (announcements, newsletters, etc.)

I hereby release and hold harmless Shasta Jr. Wolves from any reasonable expectation of privacy or confidentiality for myself and for my minor child and associated with images specified above. Further, I attest that I am the parent or legal guardian of the child listed and that I have full authority to consent and authorize Shasta Jr. Wolves to use in their likenesses and names.

I hereby release Shasta Jr. Wolves, and its board members, and web developers from liability for any claims by me or any third party in connection with my participation of the minor child listed below.

Authorization:

Printed Name: _____

Signature: _____

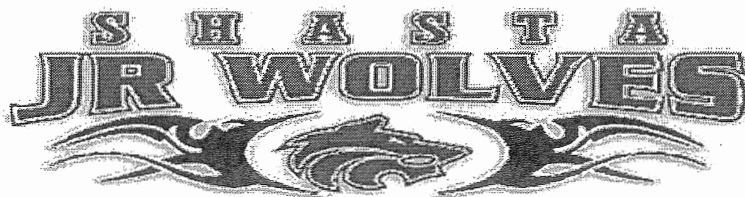
Date: _____ -This release is valid for one year from the date of signature

Relationship to child: _____

Name and Age of Minor Child:

Name: _____ Age: _____

Team: _____



Stunt Safety Policy

- I understand that my child's safety is top priority and taken very seriously by the SJW Association and Cheer Staff.
- I understand that stunting is a privilege, and not a right. Stunting privilege is earned by each cheerleader, and is dependent upon individual skill level, achievement on evaluation card, cooperativeness, attitude, and overall sportsmanship.
- I understand that the coaching staff have been trained and are Stunt Certified and will be present at all times during any and all stunting.
- I understand my cheerleader is not allowed to stunt at home or with friends away from practice or games. In doing so, this will result in suspension from the next game; removal of stunting privileges, and could result in dismissal from the squad. **NO EXCEPTIONS!**

Parent Name (Print)

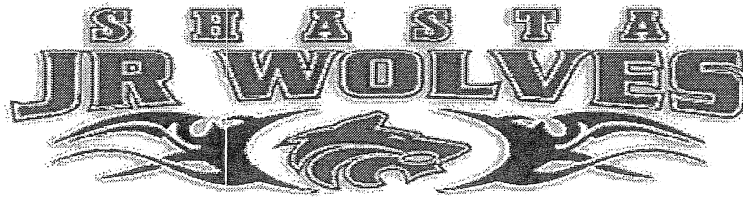
Parent Signature

Date

Player Name (Print)

Player Signature

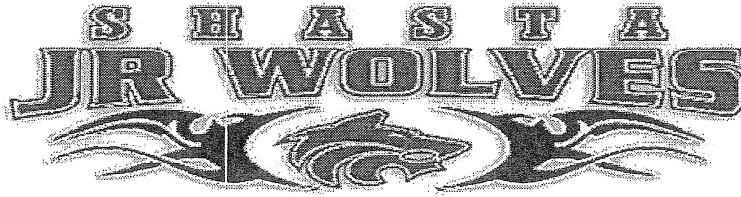
Date



Dress Code Policy

CHEERLEADER DRESS CODE AND UNIFORM GUIDELINES

- A. Cheerleaders must be in a cheer uniform at all games, playoffs & competitions. This includes: Shell, Skirt, Bloomers, Socks, and Shoes. If liners are provided they will be worn as needed.
 - a. Teams participating in special causes/promotions (like pink October) may only alter socks, poms and bows. The remainder of uniform must not be altered. Team colors must be worn at games and playoffs. Bloomer/panties must be a solid color, the same color as majority color of cheer skirt.
- B. Uniforms must fit so that if you raise your arm, you cannot see the midriff. If you can see the midriff, an undershirt must be worn.
- C. Uniform top straps in front must be at least two inches (2") wide. No midriffs, halters or open back uniforms are allowed. Racer back top, fly-away skirts with shorts and cutouts on skirts with shorts are allowed.
- D. The skirt or shorts must be at least three (3") inches in length from the bottom of the buttocks to the end of the skirt.
- E. There will be no rolling or tucking of practice shorts, pants or uniform skirts.
- F. Natural makeup is allowed. Natural makeup consists of minimal mascara and light foundation. No eyeliner or colored eye shadows at any gatherings or practices with the exception of scheduled professional team pictures.
- G. Proper hairstyles are considered part of the uniform.
 - a. Hair must be away from the face and consistent with the long or short hairstyle selected by the coach. Must not be a distracting color (ex. Pink, Blue, etc.)
 - b. When stunting, hair must be pulled up off the neck and away from the eyes. (No "swept" bangs covering any area of the eyes.)
 - c. Each squad may have a different hairstyle.
 - d. Hair Accessories
 - i. Acceptable - elastic ponytail holders & headbands, flat snap clip barrettes, ribbons, and hairpieces without hard accessories.
 - ii. Not acceptable - Claws, headbands, other forms of barrettes and anything hard, nor bobby pins of any size.
- H. Jewelry (Including belly button rings, all "oral" jewelry) is prohibited.
 - a. Medical alert medals are the only exception - Cheerleaders with a medical alert bracelet will have it noted on the player's card when certified.
 - i. The cheerleader who is not involved in stunting may have her medical alert taped to her wrist with flesh colored tape.
 - ii. Any cheerleader involved in stunting shall have the medical alert taped to the body under the apparel.
 - b. Taping over or plugging any piercing is not permitted.



Dress Code Policy

DRESS CODE AND UNIFORM GUIDELINES (CONTINUED)

- I. Fingernails must be stunt length. (If, when making a fist, you leave a fingernail mark in your palm, or you can see the nail over the top of the finger, the nail is too long). Artificial nails or nail polish are not allowed.
- J. Tattoos are not allowed, real or fake; they must be removed or covered up. Face painting is not allowed.
- K. No halter-tops, midriff or spaghetti strap shirts are to be worn at practice. Shorts or pants may not be denim or jean style and must not have buttons, zippers, or snaps and must be able to stretch. Shirts that are tied, cut, or open sided are not allowed.
- L. Shoes must be athletic tennis shoes without zippers or platforms and must have a back. Matching Cheer tennis shoes must be worn at all Events.
- M. Glitter is not allowed.
- N. Nothing hard can be attached to uniforms (including shoes), hair ribbons, or hair.
- O. The cheer and dance uniform must be the same.

Parent Name (Print)

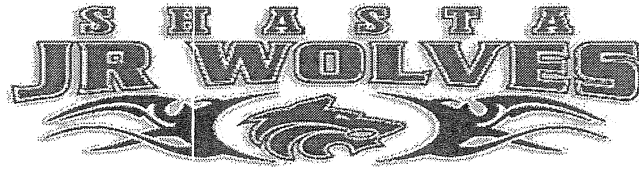
Parent Signature

Date

Player Name (Print)

Player Signature

Date



**AS A CHEERLEADER AND PARENT OF A CHEERLEADER,
AGREE TO THE FOLLOWING TERMS:**

1. I will be on time to every practice. I understand that practice times are not play times and I will arrive prepared and ready. (Ready includes a appropriate practice attire, i.e. athletic shorts or pants free of any metal or buckles, tops covering abdomen when arms raised, and athletic footwear that offers support & laces closed, drinking water, and hair pulled back from face on field ready to start at 6:00PM)
2. If I am unable to participate in a practice or game, but am physically able to attend, I will arrive dressed to code to show support for my squad.
3. I understand that excessive tardiness and/or unexcused absences will result in disciplinary action to be decided by the Cheer Coordinator. (see the tardy/absence policy)
4. I understand that I am not to have more than 3 unexcused absences for the entire season, or I risk the chance of being removed from my squad.
5. When representing the Shasta Jr. Wolves, on and off the field, I will set a good example by demonstrating a positive attitude, good sportsmanship, and showing respect to everyone, including but not limited to the opposing teams. I understand the use of public forums (Facebook, Twitter, My Space, etc.) or text messages used to harass, embarrass or hurt another cheerleader, player, or persons in leadership roles from Shasta Jr. Wolves or any other association or school program will be a violation of this policy and may result in immediate dismissal or other sanctions. This policy also includes inappropriate pictures, graphics or other behaviors that are not up to the behavioral standards required (and expected) of participants of the Shasta Jr. Wolves organization. Any "physical contact", other than cheer moves, is not permitted. (see stunt safety policy)
7. I will not use improper or suggestive language, including profanity, derogatory remarks, or act in a disrespectful manner, for ANY reason. I understand that it will not be tolerated, and will result in disciplinary action.
8. The use of ANY illegal substance, at any time or place is strictly prohibited and will be an automatic expulsion from any Shasta Jr. Wolves squad.
9. I understand that cheerleaders are to remain in the designated cheer area for the entire game, unless excused by the cheer coach. Parents are not to call cheerleaders out of the cheer area for ANY reason. Cheerleaders may not leave a game or practice unless excused by the coach.
10. There will be no eating during your game at all. This includes junior trainers.
11. Parental interference with discipline or coaching is not permitted by policy. This may result in removal from practice and/or games, or may result in removal from the squad for the rest of the season.
12. "Visitors" are not permitted on the field/track during practice or game times. They may watch from the designated observation areas only.
13. I will obey ALL dress code rules (see dress code policy)
14. I will not be allowed to participate in the Cheer Competition if my uniform becomes permanently soiled or damaged in any way. (see attached cheer uniform care and cleaning policy)
15. Participation is limited to 10 hours a week prior to the start of school and 6 hours a week thereafter, no exceptions for competition.
16. Your uniform is the property of Shasta Jr. Wolves. You will not be allowed to wear your uniform except at SJW games. This may result in a one-game suspension.
- 17.

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Player Name (Print)

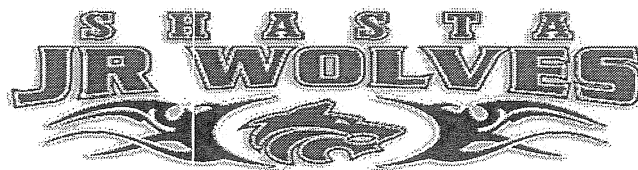
Player Signature

Date

Parent Name (Print)

Parent Signature

Date



AS A CHEERLEADER AND PARENT OF A CHEERLEADER, WE AGREE TO THE FOLLOWING TERMS:

18. I will be on time to every practice. I understand that practice times are not play times and I will arrive prepared and ready. (Ready includes a appropriate practice attire, i.e. athletic shorts or pants free of any metal or buckles, tops covering abdomen when arms raised, and athletic footwear that offers support & laces closed, drinking water, and hair pulled back from face on field ready to start at 6:00PM)
19. If I am unable to participate in a practice or game, but am physically able to attend, I will arrive dressed to code to show support for my squad.
20. I understand that excessive tardiness and/or unexcused absences will result in disciplinary action to be decided by the Cheer Coordinator. (see the tardy/absence policy)
21. I understand that I am not to have more than 3 unexcused absences for the entire season, or I risk the chance of being removed from my squad.
22. When representing the Shasta Jr. Wolves, on and off the field, I will set a good example by demonstrating a positive attitude, good sportsmanship, and showing respect to everyone, including but not limited to the opposing teams.
23. I understand the use of public forums (Facebook, Twitter, My Space, etc.) or text messages used to harass, embarrass or hurt another cheerleader, player, or persons in leadership roles from Shasta Jr. Wolves or any other association or school program will be a violation of this policy and may result in immediate dismissal or other sanctions. This policy also includes inappropriate pictures, graphics or other behaviors that are not up to the behavioral standards required (and expected) of participants of the Shasta Jr. Wolves organization.
24. Any "physical contact", other than cheer moves, is not permitted. (see stunt safety policy)
25. I will not use improper or suggestive language, including profanity, derogatory remarks, or act in a disrespectful manner, for ANY reason. I understand that it will not be tolerated, and will result in disciplinary action.
26. The use of ANY illegal substance, at any time or place is strictly prohibited and will be an automatic expulsion from any Shasta Jr. Wolves squad.
27. I understand that cheerleaders are to remain in the designated cheer area for the entire game, unless excused by the cheer coach. Parents are not to call cheerleaders out of the cheer area for ANY reason. Cheerleaders may not leave a game or practice unless excused by the coach.
28. There will be no eating during your game at all. This includes junior trainers.
29. Parental interference with discipline or coaching is not permitted by policy. This may result in removal from practice and/or games, or may result in removal from the squad for the rest of the season.
30. "Visitors" are not permitted on the field/track during practice or game times. They may watch from the designated observation areas only.
31. I will obey ALL dress code rules set forth. (see dress code policy)
32. I will not be allowed to participate in the Cheer Competition if my uniform becomes permanently soiled or damaged in any way. (see attached cheer uniform care and cleaning policy)
33. Participation is limited to 10 hours a week prior to the start of school and 6 hours a week thereafter, no exceptions for competition.
34. Your uniform is the property of Shasta Jr. Wolves. You will not be allowed to wear your uniform except at SJW games or SYF sanctioned functions. This may result in a one-game suspension.

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Player Name (Print)

Player Signature

Date

Parent Name (Print)

Parent Signature

Date