



**SHASTA JR WOLVES CHEERLEADING  
AS A CHEERLEADER AND PARENT OF A CHEERLEADER, WE AGREE TO THE  
FOLLOWING TERMS:**

1. Upon registration I received a copy of our Code of Conduct. I understand one must be signed and returned to my Head Coach.
2. I understand GroupMe is our primary channel for information. I understand it's imperative for the efficiency of the team & Coaches to stay current.
3. I will be on time for every practice. I understand that practice times are not play times and I will arrive prepared and ready. (Ready includes: appropriate practice attire, i.e. athletic shorts or pants free of any metal or buckles, practice shirt provided by SJW, and cheer shoes, drinking water, and hair pulled back from face on field ready to start at 6:30PM)
4. I understand that excessive tardiness and/or unexcused absences will result in disciplinary action to be decided by the Head Coach/Cheer Coordinator. (see the tardy/absence policy)
5. 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.
6. I understand I am expected to arrive game ready 1 hour prior to game time.
7. 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.
8. I understand the use of social platforms 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.
9. Any "physical contact", other than cheer moves, is not permitted.
10. 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.
11. 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.



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- 12. Alcohol and tobacco use is prohibited on school grounds which includes vapes. Athletes found with these items will result in immediate suspension.
- 13. Your shell and skirt are the property of Shasta Jr. Wolves.
- 14. No Stunting is allowed without a coach and spotters present.
- 15. Visitors/Non badged attendees: Per SYF regulations and your child's safety, no adults OR children unbadged are allowed to be on the track/field. All spectators must stay in the stadium.
- 16. Water Only: Athletes are expected to arrive with water at all practices and games
- 17. Food: NO Food on the field- that includes Dutch bros/Starbucks
- 18. Jewelry: Absolutely no jewelry, including nose piercings.
- 19. Hair must be natural colors. No hair dyes such as blue, pink, etc..
- 20. Cell phones are not allowed during practice and must stay in backpacks.

**X**

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Athlete

**X**

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Guardian