

Responsibility Agreement

By joining Panther Valley cheerleading, you are agreeing to:

- 1) Attend practices, games, pep rallies, competitions and every other event unless you are ill.
If missing is unavoidable, please contact a coach in advance to make them aware you will be missing practice, a game, etc.

Missed time will be handled on a case by case basis. If unexcused/excused absences affect the progress of the team, may result in dismissal from the team.

- 2) Keep your grades in good academic standing in accordance with the school's athletic policy.
If you become ineligible, you will have two weeks to bring your grades up to passing. Not doing so may result in dismissal from the team.
If you need help, ask us. We will be happy to help any way we can.
- 3) Not wear jewelry.
Any and ALL jewelry will be removed until after practices and/or games.
- 4) Keep nails at fingertip length. It's no fun getting shredded by someone's fingernails.
a. Nail polish may be worn as long as it is school colors and is not chipped.
- 5) Keep hair pulled back into a ponytail/updo with bows and hair pinned out of your face.
a. When you perform, it is your time to shine! We don't want you distracted by pushing your hair out of your face or it impairing your vision while performing. Hair may be worn in a different manner with approval of the coach.
- 6) Dropped off and picked up ON TIME.
a. Everyone needs to be ready to start at the start of practice and picked up right when practice is finished. Being picked up late will result in us following the district policy for late pickups.
b. You may only stay after school if you made an arrangement with a teacher that would be directly responsible for you.
- 7) Being in control of my behavior
a. Any infractions will be dealt with by mutual agreement of coaches, athletic director and principal.
- 8) Communicate with coaches
a. If you are injured or experiencing pain, please tell us immediately so we can have the trainer take a look. Or if you are feeling down, frustrated, etc, talk to us. We will be more than happy to help come up with a solution.
- 9) Returning your uniform and any other supplies that are the property of the school district at the end of the season or if you quit or are dismissed from the team for any reason. The school has the right to take legal action if the items are not returned.
- 10) Being respectful.
a. To your teammates, coaches, players, referees, judges, etc. There will be zero tolerance for physical abuse, verbal abuse, or bullying of any kind. If you should be experiencing any of this, please see a coach.
b. Not using foul language while in uniform.
- 11) Using team transportation unless you submit a signed note from parent/guardian stating you have other means of transportation with their approval.

12) Being sensible with social media.

- a. Capturing a picture, video, post, upload, snap, tweet, etc are ways to capture lots of memories when used appropriately. When not used appropriately, it can be ruthless and cause a lot of trouble.
- b. BE sensible! Regardless of what is said, when it is put on the internet there is ALWAYS a way to find it and have it used against you. Think twice
- c. , maybe even three times before you release anything into the social media world.

13) Self control.

- a. Being a preteen/teenager comes with a lot of expectations and weight on your shoulders. We all crack under pressure sometimes, we are human beings. But while you are a Panther Valley cheerleader, we expect you to take that extra minute to compose yourself before you react and may not be able to take it back.
- b. Any formal disciplinary actions that you receive (detentions, suspensions, etc) will be taken seriously and be dealt with on a case by case basis.
- c. Following directions at practice/games. Anyone acting up will be sent home.

14) Wear uniforms and official team apparel like warm ups for games, competitions, pep rallies or parades unless otherwise discussed with coaches.

15) Be responsible.

- a. Be sure you have all your items for practices, games, pep rallies, etc and that you go home with those same items as well.

16) Participate in fundraisers

- a. They benefit you and can make a big difference with supplies you get and what we get to do as a team.

17) Not use drugs or alcohol

- a. There will be ZERO tolerance for use of drugs, alcohol, smoking, vaping, etc

PLEASE NOTE:

At any time I reserve the right to add, take away or alter these rules to make them relevant to the current group of cheerleaders on the team/s. Any and all infractions, disciplinary actions, etc will always be dealt with on a case by case basis.

By signing below, I confirm that I have read, understand and agree to follow the responsibilities listed on this agreement the entire time I am a Panther Valley cheerleader. I understand that noncompliance of this agreement can result in the dismissal from the team.

Cheerleader Name

Signature

Date

I have read and understand what is expected of my child while they are a Panther Valley cheerleader. I understand that if my child disregards the rules and responsibilities expected of them, it could result in their immediate removal from the team.

Parent Name

Signature

Date