

## Orland Park Pioneer Cheerleader/Parent Season Rules

- 1.) All girls must attend all practices and games, regardless of the weather. Should a pioneer cheer/Pom have **3 unexcused absences** from either games or practices, she can be dismissed from the squad without a refund. Medical excuses and religious education classes are considered excused absences. **Girls must notify Head Coaches beforehand that they will not be in attendance.**
- 2.) We are very fortunate to have many women and teens that generously volunteer their time for the benefit of our girls. These Adult Head Coaches and Teen Assistant Coaches are to be **treated with Respect**. Girls who are disrespectful toward a Head Coach or Assistant Coach will receive a Warning for each offense. **Three warnings will result in dismissal from the squad without a refund.**
- 3.) **Obscene language will not be tolerated**, nor showing any type of disrespect to another member of the squad. Pioneers squads must work cohesively as a unit and team. Please treat one another the way you want to be treated yourself.
- 4.) **All jewelry must be removed before coming to practices/games.** This includes all earrings, necklaces, bracelets, ankle bracelets, etc. It is not the coach's responsibility to collect jewelry when *girls* arrive. **Leave all jewelry at home.** Girls must have hair pulled back into a pony tail for all practices and all games.
- 5.) **Clothing:** All girls must dress in loose fitting and comfortable clothing, I.E. Sweatpants, shorts, skort. **No blue jeans of any type are allowed. All girls must wear gym shoes and socks no other type of shoes are allowed. Please dress appropriately- it tends to be windy and cooler when we are in the outside practice days. Watch the weather. Make sure any items you bring are marked with your child's name.**
- 6.) **Food/Drinks:** Please make sure your child brings a water bottle to all practices/games. Please make sure your child's name is clearly marked on the water bottle. Absolutely no sports drinks or pop will be permitted during games or practices. No food will be allowed to be eaten during a game or practice, please wait until after the game or practice is over to have a snack. Gum chewing is prohibited at all pioneer practice and games.
- 7.) **Dropping off and picking up:** Parents are responsible for getting their child to/from all practices and games **On Time**. Practice will start and end on time. Coaches may adjust the time if needed. The coaches also have families to take care of and shouldn't have to wait for children to be picked up. **Parents please do not stay at the practice unless asked by the Head Coach to do so. Your child need's not to be distracted with having her parent present.**
- 8.) **Regarding the Weather:** Please make sure to dress your child properly for practices. Practices will be held no matter how the weather is outside – cold, windy, sunny, rain, etc. **Practice would be cancelled only due to lightning. The weather should not be used as an excuse for not attending practice.** If practice is going to be cancelled, your head coach will contact you. If you are unsure, please call and ask your head coach or check the web site. The weather conditions sometimes change after the children have been dropped off. Please keep an eye on the weather. If the weather turns bad, please come and get your child.

- 9.) **Thursday evening and/or pre- game practice is mandatory for all girls to be allowed to perform during a game halftime show.** Those who do not attend either or both practices will not be allowed to participate in the halftime routine. However, they will be allowed to participate in sideline cheers.
- 10.) **Game Day: All girls must be in full uniform at all games.** Pioneer uniforms include the skirt, shell, crop, spanky pants, socks, shoes and game day bow. Please do not wear issued shoes for practices and/or games. They are for competition use only and need to remain clean. **Girls must show up 30 minutes prior to game start time for practice.**

**Parents:**

*After the children, you are the most important part of this organization. Please make every attempt to have your child at all practices and games (on time). Check the area after practices and games to make sure your child leaves nothing behind. Attend your child's games and watch them develop through the season. They practice very hard and look for your support and interest in what they do. This organization's success depends on Parental support.*

*Any grievances arising during the season should be taken first to the **Head Coach** and then to the Athletic Director Kim Dombrowski. If a satisfactory result is not obtained, then we will bring it to the attention of the Board Members of the Pioneers*

*The cheerleading organization is committed to developing good sportsmanship, self-esteem, team spirit, teamwork, and discipline. We show the girls that setting goals and working hard to achieve those goals is a rewarding experience. The season is spent learning sideline cheers, half time routines that will be performed, and the competition routine. At the end of the season we hope each girl has gained and appreciation of teamwork.*

**We have read and understand the rules listed above. The signatures below show that we agree to the follow the rules of the Orland Park Pioneers.**

**Parent/Legal guardians**

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Child**

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_