

## DURHAM MIDDLEFILED FALCONS CHEERLEADING CONTRACT

I \_\_\_\_\_, do hereby agree to the following:

1. No gum chewing
2. Jewelry (of any kind) is not allowed during practices or games
3. No nail polish (except for clear)
4. No Glitter
5. No foul language or gestures
6. Fighting will not be tolerated
7. Internet harassing is not acceptable. Anyone caught doing this could be asked to leave the squad immediately.
8. Fingernails must be short
9. No artificial nails
10. Hair must be tied back and out of your face at all times. Everyone must wear their hair the same for games (Hair Style determined by coach)
11. Always be properly dressed for practices and games. Your stomach **CANNOT** be exposed. Tank tops are **NOT ALLOWED**. Your shorts **CAN ONLY BE ROLLED ONCE**
12. No pants, shorts, or shirts with pockets or zippers
13. No jeans, skirts, or skorts
14. Your uniform should always be cleaned for games including your sneakers
15. Uniforms must be changed before going out after a game
16. If you are going to miss a practice or a game you must notify the coach in advance unless there is an emergency
17. You cannot eat while cheering for the game. Eat before, during half time, or after the game. (If you eat during half time please put something over your uniform.)
18. Cell phones are to be turned off during practices and games if they aren't they will be taken away.
19. Practices are open to parents. If there is a problem please talk to the coach after practice and not in front of the children
20. Parents, friends, and spectators **ARE NOT to be talked to** while cheering for a game.
21. Any Cheerleader who misses three un-excused practices and/or games after September 1<sup>st</sup> will be dropped from the competition team. Competition is a privilege not a right.
22. If a Cheerleader misses the practice before a game, it is up to the Coaches discretion whether the player sits out during the half-time cheer.

I understand that if I break any of these rules, I can be suspended from practice and/or games for an indefinite period.

Cheerleaders signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have reviewed the above with my daughter and understand the cheerleaders Code of Conduct. I understand that any disciplinary problems can result in my daughter being removed from competition. ***I further understand that I must pick up my daughter from practice within 10 minutes of the end of practice or a game. If I am unable to be there on time, I will contact the Coach immediately, otherwise, the authorities will be called.***

Parents signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Attendance to practices is critical to the team's success.*