

# SHERIDAN BIDDY LEAGUE CHEERLEADING

## PARENT CODE OF CONDUCT

Welcome to the 2025 SBLC season! We are so glad you are here, and we look forward to another fun-filled season!

Whether you're a cheerleader, coach, or a parent/guardian of a cheerleader, it's important that we, as a cheer family, support each other and our league with dignity and respect at all times. Below are the "Code of Conduct" rules that must be followed by every individual participating in the program.

The information included here is very important. We ask that you review the Parent Code of Conduct prior to registering your child. We want everyone who signs up to fully understand the commitment and expectations of being a Sheridan Biddy League Cheerleader (and the parent/guardian of a Sheridan Biddy League Cheerleader).

### BEHAVIOR EXPECTATIONS:

- **Cheerleaders in uniform need to represent SBLC in a positive manner at all times.** (Special note: When wearing full uniforms at games and/or activities - **skirts are not to be removed**. Briefs are not shorts, and should NOT be worn without a skirt/leggings/warm up bottom, etc.) Older cheerleaders must wear appropriate undergarments, not to be visible outside of uniform (i.e. no bra straps showing). Uniforms & shoes are to be clean/washed for all games.
- Cheerleaders & parents are expected to be **RESPECTFUL TO EVERYONE AT ALL TIMES**. (including teammates, coaches, other parents, opponents, rivals, spectators, etc.). Engaging in negative discussion, language, or inappropriate conversation at any practices, games, competitions, or other SBLC events is **NOT** permitted and could lead up to permanent dismissal from the program. **Parents causing a negative environment by participating in negative commentary could result in their cheerleader being dismissed from the program. If one warning is issued to a parent regarding inappropriate behavior and the inappropriate behavior continues, this will lead to permanent dismissal from the program.**
- **SBLC has a ZERO Tolerance policy for ANY AND ALL BULLYING.** Posting negative commentary on Social Media (i.e. Facebook, Twitter, Instagram, SnapChat, etc.) about a cheerleader, coach, board member, other parent, the program, etc., is grounds for permanent and immediate dismissal from the program.
- **PLEASE NOTE: SBLC will post photos and videos occasionally on Facebook, and on Band (which is private and by invitation only) only if a cheerleader's parent/guardian has signed the Photo/Video release form at registration.**

### ATTENDANCE: PLEASE READ CAREFULLY!

Every cheerleader is an integral part of their cheerleading squad. Absent cheerleaders have detrimental impacts to the entire team. Even though our program is recreational, SBLC cheerleading is a commitment. Attendance at all practices, camps, games, playoffs, championships and end of season competitions are **MANDATORY**. Attendance will be tracked and enforced by coaches, for the good of the squad.

- **An illness is considered an excused absence.** However, there are many levels of illness - from simple belly aches after a long day at school, to headaches, to full blown flu and fevers relating to other illnesses. Please consider the impact to the entire squad when deciding to miss a practice or game due to illness. Many times, once a child arrives and becomes active, she is just fine and participates fully. That being considered, we understand there will be times when cheerleaders are sick and simply cannot and should not participate to protect the health and wellness of themselves and other cheerleaders. Therefore, we will consider all illnesses as excused.
- **Other excused absences** include but are not limited to: family vacations, wedding, funerals, school run activities such as concerts, etc.
- **Unexcused absences** include but are not limited to: not wanting to attend, forgetting about or misreading the schedule, another practice for another sport, repeated absences (after 3 absences have already occurred, even if prior 3 were excused) - exceptions can be made WITH COACH APPROVAL ONLY.
- Please be respectful - Parents/guardians MUST notify a coach IF your cheerleader will be absent or late for a practice or game/activity via text message **at least an hour BEFORE** the practice or game/activity is to begin. Do not rely on other people to relay messages to coaches for you or your child. **Two** no-call no-shows will lead to permanent dismissal from the program.
- If after 3 absences another absence occurs in the season it may lead to dismissal of the team. Decisions will be made at coach/board discretion on an individual basis.
- ALL practices the week prior to each end of season competitions are vital and also MANDATORY! All cheerleaders are expected to attend. It is simply UNFAIR to the other cheerleaders on the squad and to our coaches, who work extremely hard on routines throughout the entire season, for cheerleaders to miss the vital practices leading up to competitions. When girls are missing, stunts cannot be practiced, formations are thrown off, cheerleaders get confused-it's very chaotic. Cheerleaders work VERY hard all season, and look forward to these end of season performances - where THEY are in the spotlight!! Please be respectful to all participating.

## INJURY RESTRICTIONS

The safety of our cheerleaders is our **NUMBER ONE** priority. We understand during the season injuries may occur in and out of cheer. Please know that coaches will not leave it to their own discretion what cheerleaders may or may not be able to do during a practice. It is expected that any injuries, no matter how minor, seek medical attention to prevent any further injury to a cheerleader or to other teammates.

- Any injury that requires a doctor's note to sit out will need to clearly list restrictions/limitations in the note.
- A doctor's release note is required to return to practice. We want to ensure safety of the cheerleader first and foremost.
- An injury that occurs within 2 weeks of an end of season competition may lead to the cheerleader sitting out at that competition. This is case by case based on the doctor's request.

## END OF SEASON COMPETITION EXPECTATIONS (PLEASE READ THOROUGHLY, NEW FOR 2025!)

- **I understand that I am committing to the ENTIRE football sideline cheer season, which includes the participation in 1-3 end of season local youth cheer competitions for ALL**

**CHEERLEADERS.** Participation in the end of season competitions is NOT OPTIONAL for the 2025 season. IT IS PART OF THE PROGRAM. If you are registering your child to be a 2025 Sheridan Biddy Cheerleader, you are registering your child to participate in ALL activities - and that includes 2-3 super fun end of season competitions where cheerleaders get the opportunity to perform their half-time routines in front of an audience of other cheerleaders, and a crowd where they are in the spotlight! IF YOU CANNOT OR DO NOT WANT TO PARTICIPATE, PLEASE DO NOT REGISTER YOUR CHILD.

\*Exceptions will be made only in extreme circumstances, and board approval is required prior to season kick-off.

#### **PARENT COMMITMENT:**

- I understand by signing my child up to be a Sheridan Biddy League cheerleader we are committed to the program until the last end of season competition in November/early December, 2025.
- I understand as a parent I will remain on site during practices and games, but will not interfere with or distract my child.
- I understand that I am expected to be available via text or phone call DURING practices and games in case of an emergency, or so the coach can contact me immediately if needed.
- I understand all fees must be paid by the dates specified, or my child will be dismissed from the program.

#### **CONSEQUENCES**

- I agree and understand that if I fail to abide by the above rules and guidelines, or engage in any other conduct that my child's coach and the SBLC Board deems to be detrimental to my team or the organization, my child can be dismissed from the program.

All children in the Northern Local School District in 1st-6th grades are welcome to join Sheridan Biddy League Cheerleading. We are a recreational program, run solely by volunteers. Our ultimate goals are for cheerleaders to have fun, gain cheer skills, make friendships, and actively support Sheridan Biddy League Football. We look forward to a wonderful 2025 season!

