

UNION CHEER CONTRACT

To maintain the high level of achievement and positive regard the Union Middle School cheerleading program has earned over the years, certain conduct and standards must be upheld by athletes.

GRADES

Students must uphold a 2.0 GPA minimum to remain eligible to participate in events. Grades will be checked multiple times throughout the season, but athletes ultimately are responsible for communicating classroom/grade issues with instructors and coaching staff in a timely manner. Unfavorable/failing grades or consistently late/missing assignments will result in a strike or other consequences deemed necessary by instructors and institutions.

BEHAVIOR

Team members represent UMS cheer on and off campus and must act accordingly. Team members are expected to communicate with the coaching staff should social or behavioral issues arise that could affect contractual obligations.

Cheerleaders shall comply with all school rules and behavioral expectations. Referrals (tardies, gum, behavior, etc.) or disobedience on campus will not be tolerated. All forms of bullying behavior are unacceptable. Put-downs or insults towards classmates, teammates, or other teams are not allowed. Suspension from school will result in two strikes. If the suspension is more than one day, expulsion from the team is possible, depending on the severity of the offense.

Cheerleaders will not be involved with smoking/vaping, alcohol, illegal drugs, vandalism, theft, or other types of illicit, provocative behavior that is judged by the coaching staff to be detrimental to the well-being or safety of self and/or others. ILLEGAL BEHAVIOR WILL RESULT IN IMMEDIATE EXPULSION FROM THE TEAM.

SOCIAL MEDIA

Some athletes may have phones and/or use applications like Facebook, Instagram, Snapchat, TikTok, Twitter, etc. Team members must continue to represent themselves, UMS, and the cheerleading program in a positive manner. Cyber bullying on any platform is unacceptable. Profanities, lewd or inappropriate pictures/posts/behavior, or illegal paraphernalia or acts pictured at any time are punishable offenses and will not be tolerated.

ATTENDANCE

Cheerleaders are required to attend all cheer events (performances, practices, meetings, fundraisers, etc.) and arrive 10-15 minutes prior to the official start time. Upon arrival, athletes should already be wearing the correct uniform, have hair styled appropriately, be wearing the correct shoes, and have any additional items required at the event (poms, water bottle, etc.).

The only excused absences are family emergencies or missing school due to illness. Athletes (not parents) are responsible for notifying the coaching staff of absences at least 1 hour prior to the start of practice. Unexcused absences or failure to inform coaching staff of excused absences will result in a strike. Unexcused absences include, but are not limited to, dentist/doctor appointments, hair/nail appointments, birthday dinners/parties, concerts, shopping, work, etc. At home punishments, such as "grounding", should not affect commitment to Union Middle School sports.

DRESS CODE

Members of the team must follow the school and cheer dress code. Uniforms are worn to school twice a week and to all practices, unless notified by coaches and/or team captain(s). As leaders of the school, cheerleaders must participate in all spirit/dress-up days and events. UMS cheer promotes a natural, youthful appearance. If the use of make-up is desired, it must be undertone and kept to a minimum (no glitter/shimmer). Hair coloring/highlighting is allowed, but must be neutral in color. Nails must be kept short.

- **TO SCHOOL:** School uniform choices will change with the weather and will be assigned in the BAND app. White shoes and team issued cheer jacket must always be worn.
- **TO PRACTICE:** Designated practice shirts/shorts, briefs, and white athletic shoes are to be worn. Uniform choices will be assigned in the BAND app. Sweatshirts/cheer sweats may be worn to practice, but must be removed after stretching. Hair must be in a secure style (preferably low pony) and out of the face. All jewelry (including piercings) must be removed prior to stretching.
- **TO COMPETITION/PERFORMANCES:** Uniform choices will be assigned in the BAND app. Competition shoes and team issued cheer jacket must always be worn. Hair and attire must remain looking "comp ready" until coaches dismiss athletes. Only clear, nude, white, or French nail polish is allowed. No jewelry.

Failure to comply with uniform expectations will result in dress cuts. Consequences of dress cuts include, but are not limited to, sitting out of basketball games, parades, and school performances. Frequent noncompliance may result in greater consequences.

EXTRACURRICULARS

Team members must be able to effectively balance extracurriculars and academics. Cheerleaders have been involved in multiple sports, language/stem classes, etc., so it is possible, but the UMS cheer program is highly demanding. **By joining this program, athletes are agreeing to make cheer their first priority. Other schedules or intentions to try out for additional teams during the cheer season need to be communicated with the coaching staff.**

COMMUNICATION

The *BAND* App is the program's main form of communication and is used to post practice videos, reminders, event information, etc. Each cheerleader and at least one parent/guardian should create an account and join the Union Cheer *BAND* (instructions to follow).

Cheerleaders will be held accountable throughout the season and are expected to communicate with coaching staff on their own. For example, if a cheerleader is sick and needs to miss practice, it is their responsibility (not the parent), to inform the coaching staff of their absence. Cheerleaders must also reach out to coaching staff with any issues or concerns regarding grades, peers, behavior, etc. that might affect team unity/success. Team member conflicts are to be addressed and resolved outside of practices/events.

The cheer coaching staff is employed by the Union School District and deserves to be treated with the same level of respect as any other UMS employee. Parental concerns are to be communicated via *BAND*, email (unionmscheer@gmail.com), or by scheduling a formal meeting. Practice is dedicated strictly to the team; the coaching staff will not address parental concerns during that time.

USE OF PICTURES AND VIDEO

Pictures and videos will be posted on the BAND app for the cheerleaders to review and refine their skills. Additionally, pictures and videos are posted from events and competitions for your keepsake. We ask that you don't share our competition material publicly until our Nationals event has concluded.

TRAVEL EXPECTATIONS

Good common sense, respect, cooperation, and consideration for coaches, chaperones, teammates, others and their property should be practiced at all times. Cheerleaders will follow the directions, rules, and regulations established by chaperones and organizations (airlines, buses, hotels, USA, etc.) associated with the event. The use of hotel facilities carries with it the responsibility of acceptable public behavior and respectful treatment of hotel property. Cheerleaders and parents are financially responsible for any property damage. Trips and competitions are privileges and can be revoked, should behavioral and grade obligations not be met.

GAME DAY UNIFORM

These are owned by the Union Cheer Program and will be handed out at the beginning of the season and collected at the end of the season. If lost or damaged, individuals will be invoiced for the cost of the uniform. Prices are as follows:

- **White Long Sleeve Top:** \$60
- **Green Pleated Skirt:** \$40
- **Poms:** \$20

STRIKE SYSTEM

For consistency purposes, violations of the aforementioned acts will be dealt with using the following rules:

- 1st offense = Warning
- 2nd offense = 1st strike: 1 week of probation from all cheer team activities
- 3rd offense = 2nd strike: 2 weeks of probation from all cheer team activities
- 4th offense = 3rd strike: Permanent termination from the cheer program
- 3 tardies (≤ 15 min late) OR unexcused absence = 1 strike

Warnings and strikes will be communicated verbally to the athlete and in writing to the parent/guardian.

While on probation, cheerleaders are not to wear any UMS cheer apparel or attend cheer events. Cheerleaders returning from suspension are not guaranteed their previous position in routines/on the team.

Breaking any of these rules/regulations may result, at the discretion of the coaching staff, in being sent home from trips/events/competitions immediately and can result in strike(s) or expulsion. Monies paid will not be refunded due to missing events for behavioral/grade infractions. If expulsion occurs, donations may not be refunded.

Coaching staff may take action as desired that is not listed on this contract for the betterment of the team.

UNION CHEER CONTRACT AGREEMENT

PLEASE PRINT AND SIGN TO TURN IN AT TRYOUTS

We have read, understand, and will comply with these rules and regulations.

Student

Name: _____ Signature: _____ Date: _____

Parent

Name: _____ Signature: _____ Date: _____