



Cheerleader Code of Ethics

Welcome to SLYC! We are very proud of our cheerleaders and to maintain a successful program, all cheerleaders must know what is expected of them, whether at camp, practices, games or competitions. You are now part of a TEAM! Your attitude, allegiance and absences impact the whole team. The purpose of cheerleading: to promote team spirit; to encourage good sportsmanship and citizenship; to set an example of leadership, respect, tolerance and self-control.

As an SLYC cheerleader, I promise the following:

- Be respectful to all coaching staff, directors, officials, and opposing teams. This includes: Never talking when a coach is talking, No talking during sidelines; Listening to my captains and understanding it is their responsibility to call all cheers.
- Stand quietly and respectfully during the playing of the National Anthem.
- I will be an attentive cheerleader on the sidelines, standing clean and not chatting during games, developing an understanding of the basic concepts of football and maintaining a respectful and encouraging attitude towards all football players whether from SLYF or opposing towns.
- Display sportsmanship as my number one priority at all times.
- Maintain a positive attitude and be 100% cooperative at all times.
- Show up and cheer, whether it is hot, sunny, rainy or snowing without complaint.
- Alert my coach as soon as possible if I will be out due to injury or illness, return with a doctor's note clearing me for full participation, and will make every effort to attend and watch practices.
- Have good attendance and not have more than three (3) absences for the entire season.
- Learn any cheer/skill/routine that I may have missed due to an absence.
- Be picked up on time and arrive on time, per pre-designated arrival times; if I am going to be absent/late, I will notify my head coach at least 30 minutes prior to the designated arrival time; I understand that if I am late for a game, I will be allowed to do sideline cheers but may not participate in the halftime routine (coach's discretion).
- Not use profanity.
- No smoking/vaping in uniform or at any SLYC event
- Encourage my teammates in a positive way, regardless of circumstances or ability. No form of bullying will be tolerated by me or towards me.
- Understand that constructive criticism from a teammate or coach is not bullying. Helping a teammate to understand proper technique is beneficial to the score of the entire team.
- Conduct myself in a way that presents a positive image for SLYC and myself at all times.
- Help to maintain the safety of myself and my teammates by always being aware of my surroundings, always watching my flyer in a stunt, and focusing on the task at hand. The safety of myself and my teammates is my **#1 priority**.
- Bring water to all practices, clinics, games and take a break when my coach tells me to.
- Leaving my cell phone on silent and turning it over to my Team Mom at practice and to my parent/guardian before competitions.
- Use the bathroom before the start time of practices and games.
- Not practice stunting unless directed by a coach or choreographer and only on a safe surface. When I stunt outside of cheer with my friends, parents, family, etc. I risk being injured and being unable to compete with my squad.
- Respect and take care of the uniform (top and skirt) supplied to me by SLYC for the season.



- Not eat or drink anything other than WATER while wearing my uniform, under any circumstances, whether at home, at the field, at a restaurant, and including not going to the concession stand during half-time. I understand that I should eat prior to or after a game; if I am arriving early or staying later, I will change out of my uniform or a jacket/sweatshirt/t-shirt will be worn to cover my uniform.
- Not wear my SLYC uniform outside of SLYC events.

Always Remember to:

- Arrive "practice ready" for practices, clinics and camps wearing appropriate cheerleader apparel: fitted athletic shorts, t-shirt, socks, sports bra, cheer sneakers, hair in a high ponytail pulled off my face; nails cut short with no polish; no jewelry (including body piercings).
 - Camisoles, capris, denim, and pants are not SLYC practice attire. Loose shorts (soffe shorts, soccer or basketball style shorts) need to have Nike-pro or gymnastic style shorts underneath and sports bras must be worn under shirts to maintain modesty during stretching, stunting and tumbling for **all** ages.
- Arrive "game ready" with all apparel – SLYC uniform top, skirt, white no-show socks, white cheer sneakers, and bow (hair pulled away from the face and secured as dictated by the coach, flyaways to be pinned up and hairsprayed).
- Wear warm-ups **WITH** uniform (not in place of it) on cooler days; if I do not have SLYC warmups, I may wear solid black leggings/yoga pants/sweatpants/jacket/sweatshirt or SLYC jacket/sweatshirt. (Coaches, with board approval, will decide if the season tee replaces uniform tops on hot days.)
- Keep my uniform clean by hand washing it regularly.

I understand that all rules apply to clinics, summer camp, practices, competitions and all football games. I understand that if I fail to abide by this code of ethics, I will be subject to disciplinary action which may result in being removed from my squad. SLYC promises to help you become a skilled cheerleader in a safe and fun environment. SLYC also promises a high standard of coaching techniques that are age appropriate for development and will utilize skill progressions.

Your coaching team will provide positive support, care and encouragement.