



Cheerleading Coaches' Code of Conduct

I will:

- Consider it a privilege to coach children.
- Consider it an obligation to be a good example while developing character, integrity and honesty.
- Use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport.
- Place the emotional and physical well being of my cheerleaders ahead of any personal desire to win.
- Not direct comments or criticism relative to the cheerleader's performance.
- Remember to treat each cheerleader as an individual.
- Remember the large spread of emotional and physical development for the same age group.
- Provide a safe environment for my cheerleaders.
- Organize practices that teach skills for the cheerleader's age I coach.
- Use coaching techniques appropriate for each of the skills that I coach.
- Insure I know the rules of all that I coach and teach these rules to my cheerleaders and their parents.
- Lead, by example in demonstrating fair play and sportsmanship to all my cheerleaders.
- Promote sportsmanship over gamesmanship following the VMFL Cheerleading rules with no violation of them to win.
- Not abuse a cheerleader physically, verbally or mentally.
- Not argue, threaten or demean a cheerleader, parents, coaches or officials.
- Not use foul and abusive language at any time in representing NSMF.
- Control the emotions, ego, frustrations and displays of anger of myself, cheerleaders and team parents.
- Not use alcohol, drug or tobacco related products in the presence of players, coaches, officials or volunteers.
- Follow the same standards as my cheerleaders in the NSMF Cheerleading Code of Conduct.
- Report any conduct that has violated this code or is detrimental to the positive environment projected by NSMF.

Please return this portion to your Cheerleading Coordinator.

As a NSMF Cheerleading Coach,

- I agree to read the VMFL Rules, Policies & Procedures, follow the same and support the NSMF Cheerleading program.
- I agree to follow the NSMF Cheerleading Coaches' Code of Conduct.

Coach's Name

Coach's Signature

Date



Cheerleaders' Code of Conduct

Cheerleading is a team sport. No one person is the "star". Every person on the team holds an important position for a stunt to be successful, a cheer to sound great and a routine to look amazing. It is a physically demanding sport that requires dedication and hard work. We have rules to provide structure and boundaries and all members are expected to follow these rules at all times.

- Coaches, managers and all squad members must be treated with dignity and respect.
ATTITUDE must be positive and upbeat. You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you to practices and games. The key word in your position CHEER leader. Be willing to do what is necessary...no moaning, complaining or whining.
Cheerleaders must not risk tarnishing our community's respect of the North Surrey Minor Football and Cheerleading Association by displaying inappropriate behavior (swearing, smoking, etc) at any time while wearing team uniforms/clothing or while in attendance at any team practice, game or event.
Cheerleaders must arrive on time for practice and games, fully prepared mentally and physically. (Hair tied back, proper shoes, team clothing or suitable shorts and T-shirt.)
Cheerleaders must keep nails trimmed short. No chewing gum or horseplay during practices and games. This is a safety concern for all involved in stunting or tumbling.
All body jewelry must be removed before practices and games start.
All Cheerleaders must take part in team conditioning during practice.
Cheerleaders must attend all practices and games unless there is a valid excuse.

Cheerleaders unable to attend 75% of games and practices will not be permitted to participate in competition.

- Cheerleaders/parents must contact one of their coaches as early as possible if unable to attend a practice or game, will be late or will need to leave early. This is extremely important as the coach plans practice and game routines based on a full squad in attendance. Additional time and planning will be needed for the coach to make adjustments to a routine when there are absent members.
Cheerleaders must attend practice whenever possible, even if feeling under the weather or injured as it is best to be present to observe and learn. The team can only make progression with 100% consistent team involvement.
Cheerleaders are required to watch and pay attention to the game they cheer for. Players running or getting tackled on the sidelines may cause cheerleaders to become injured.
At t half time or when not cheering, cheerleaders are not to "Wander Off" from the rest of the team (excluding bathroom breaks). Concession visits must be made before or after games.
Cheerleaders must take excellent care of their uniform and return it when asked to do so or at the end of the season.

Please return this portion to your team manager or coach.

I have carefully read and understand the NSMF Cheerleader Code of Conduct. I agree to follow these rules and policies and will cooperate fully with other members of the cheerleading team, coaches and managers.

Cheerleader's Name

Cheerleader's Signature

Date

Coach's Name

Parent's Signature

Date