

## **COACH EXPECTATIONS OF CHEERLEADER:**

- Athlete is to follow WOYFCA Policies & Procedures in order to participate on the Junior Warrior Cheer squad.
- Athlete is to come to practice ready to work and learn and follow all guidelines set forth for practice schedule (ie. Proper attire, hair up, no cellphones, no jewelry, no gum, brings water, etc...).
- Athlete is to come to practice 5-10 minutes prior to practice start-time, so that practice may start on time. Tardiness will result in extra drills.
- Athlete is to contact Coordinator OR Coach(es), within a reasonable time frame, if unable to attend practice and/or games. Three (3) absences without notification will result in sitting out at a game and/or special performance.
- Athlete will be respectful and listen when Coach(es) are speaking. We have a small time frame to get a lot accomplished, more is achieved when things do not have to be repeated.
- Athlete will have respect for other squad members, even if they are not "friends" at school. Speaking badly, making faces, putting others down and other types of bullying will NOT be tolerated and may cause a removal from a game or the squad. There will be a 3 strike and you are out policy regarding any inappropriate behavior (bullying or other) at practice or on social media (ie. facebook and texting).
- Cursing or derogatory comments of coaches, peers, fans, opponent's team/fans will not be tolerated in practice, games or at school while representing WOYFCA.
- Athlete will not argue with Coach(es) or Coordinator. If there is a disagreement. Any issues are to be held until the end of practice or game and discussed maturely.
- Practices and games will be conducted in the same manner. 100% effort is expected at all times. Warm-ups and conditioning are to better you as an athlete and are done at maximum effort to prevent injury and achieve the best results.
- At games, athletes will remain in cheer stance with arms behind back watching game and/or jumping/cheering on their team when a sideline cheer is not being performed. Games are not to be considered "Social Hour." Although some chat will be permitted, the job at hand comes first and any chat will be done quietly and respectfully when representing your team.
- ALL skills will be executed with "safety" in mind first and foremost.

### **CHEERLEADER EXPECTATIONS OF COACH(ES):**

- Coach(es) is/are to treat every Athlete on the Squad as an equal. There are NO favorites.
- Coach(es) will be prepared at every practice/game with all materials that are needed to make practice/game go efficiently.
- Coach(es) will make decisions in a fair fashion and will consider time, safety and level of expertise before executing any conditioning, stunt, tumbling, etc. with squad.
- Coach(es) will not yell to get her point across.
- Coach(es) will be respectful and listen to athletes when addressed properly and will consider all sides before making any decisions.
- Head Coach will be on time for every practice and game, unless there is an emergency.
- Coach(es) will bring 100% effort at all times.
- Coach(es) will not use cursing or derogatory comments towards cheerleaders, peers, fans, opponent's team/fans at practice, games or at school while representing WOYFCA
- Coach(es) will be approachable for any comments, issues and/or complaints by athlete, and/or parents at any time prior to and after practices, games, and competitions through phone, email or face-to-face meeting.