

## 2025-2026 M.S. Youth Cheer Contract

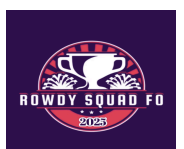
Being a cheer athlete means representing your team/school and community with pride. This Code of Conduct outlines the expectations for behavior, sportsmanship, and responsibility for all Rowdy Squad FO middle school cheerleaders.

### Conduct/Leadership:

- ☐ Cheerleading is a team sport and requires full effort from all teammates for safety and success. I will always give 100%, including practices, performances, and games. I am aware that if I do not give 100% to my teammates and team, I can be “pulled” at any time by my coach.
- ☐ Being a cheerleader means setting a positive example through my words and actions. I understand I may not *like* everyone on my cheerleading squad; however I will treat ALL my teammates, their families and my coach(es) with respect through my words and actions during practice, outside of practice, and in all online spaces (including Facebook, Twitter/X, TikTok, and similar platforms). Misconduct may result in removal from the team.
- ☐ Cheerleading is about teamwork, encouragement, and lifting others up. I understand there is a **zero-tolerance** for bullying in any capacity and engaging in such behavior will result in my immediate dismissal from the team.
- ☐ I am expected to conduct myself with self-control and integrity at all times. This includes using appropriate language and avoiding physical or verbal altercations with anyone (peer or adult) in any setting. Violations may result in immediate dismissal from the team.
- ☐ If I participate in any illegal activity (including, but not limited to, drugs, theft, underage drinking, or vandalism, etc.), I understand I will be immediately dismissed from the team in accordance with APS policies, JAMS guidelines, and Rowdy Squad FO policies.
- ☐ I am aware that if at any time I am suspended from school, for any reason, I will be dismissed from the team.

### Safety:

- ☐ The National Federation of State High School Associations (NFHS) establishes the official Spirit Rules for cheerleading, including safety guidelines, stunts, tumbling, pyramids, dismounts, and proper supervision. These rules are updated annually and are used by schools nationwide to promote athlete safety. **I agree** to always follow the NFHS Rules, especially



while stunting, competing, performing and/or tumbling.

- ☐ For liability and safety purposes, under no circumstances am I allowed to stunt ON or OFF campus **without** a Rowdy Squad FO Certified Coach present.

### **Uniform Compliance:**

- ☐ In support of Rowdy Squad FO's "**One Dream = One Team,**" I understand that I am required to wear my designated team shirt, shorts, cheer shoes, and an approved hairstyle to every practice.
- ☐ My nails will always be well-groomed and I understand I am not permitted to wear nail polish or acrylic nails of any kind during practice or while in uniform.
- ☐ I realize that holding hands and friendly hugs are okay but all other forms of public displays of affection (PDA), including hickeys, *are NOT tolerated*; especially in full uniform.
- ☐ I understand it is a privilege to wear my Rowdy Squad FO/JAMS uniform and that it must be taken care while in my possession and be returned at the end of the school year (pom poms included) in great condition; if not I will be required to compensate Rowdy Squad FO for its replacement in the amount of \$185.00.

### **Academics:**

- ☐ I acknowledge that grade checks every 6 weeks are mandatory. Failure to provide my grades to my coach may result in probation until provided.  
(Note: Form can be found on [RowdySquadFO.com](http://RowdySquadFO.com) under Printable Forms)
  - ☐ If I am ever placed on probation for any reason, I will still be required to attend class and practice. I will bring my books to practice and study/complete my necessary assignments during that time.
- ☐ I understand that my academic performance is my responsibility and that academics come first. I **must maintain a minimum** 2.0 grade point average (GPA) with no "F's" on my report card. If I fail to meet this standard, I will be placed on academic probation for three (3) weeks. If all of my grades are "C" or above at the end of the probation period, I will be reinstated as a cheerleader. If not, I will remain on probation for a total of six (6) weeks.
  - ☐ Exception: Failure to meet NMAA standards will result in a full 6-week probationary period. In addition, "D's" and "F's" on a report card result in a MANDATORY 6 week attendance to study hall/tutoring.
  - ☐ For each "D," a cheerleader will be issued 50 laps around the gym. 15 max to complete at a time at the end of practice.



- ☐ For each “F,” a cheerleader will be issued 100 laps around the gym. 15 max to complete at a time at the end of practice.

**Attendance/Absenses:**

- ☐ I understand that being on time is an important team responsibility. If I am late to practice or a game without notifying my coach in advance, I may be assigned conditioning, such as running laps, based on the amount of time I am late.
- ☐ Excused absences from practice must be “called in” and communicated to coaches in advance. I understand that if I am unable to attend a practice, game, or performance, I must notify my coach a minimum of 24 hours in advance.
- ☐ I realize that injuries, illnesses, and absences may prevent me from participating in games or competitions. In the event of an injury, I will do my best to continue showing up to support my team in alternative ways when possible.

**Additionally:**

- ☐ I understand that I am expected to uphold all standards set forth by my coach(es), school, and community. If any rule or policy is violated, I understand that disciplinary action will be determined based on the severity of the violation.
- ☐ Any exceptions to the above policies are subject to the discretion and/or approval of the Principal and Coach(es). I understand that the Principal and Coach(es) have final decision-making authority, and I agree to abide by those decisions.

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Cheerleader’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Head Cheer Coach Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Principal Signature

\_\_\_\_\_  
Date

