

Cheer Contract Fall 2025

These guidelines are provided to inform students and parents of the expectations of participating in the cheerleading program offered by Niskayuna Youth Football and Cheerleading. Cheerleaders selected for the cheerleading squads must be in agreement with these guidelines and must adhere to them during their tenure on the squad.

Standards for Cheerleaders

Niskayuna Youth Cheerleaders are expected to be role models to not only their fellow students but to the community as well. They are to exemplify the high standards we have set before them. To achieve these ends, we require all cheerleaders to commit to and abide by the following:

- I will attend all scheduled practices/games/performances, unless it is an excused absence.
- I will set an example of good behavior at all times (whether in uniform or not) in school, on the bus, games, and at all community functions. **This is to include all social media sites.**
- I understand that I am a representative of Niskayuna Youth Football and Cheer and therefore my behavior and attitude is a reflection on the league as a whole.
- I will use language that is socially acceptable and age appropriate. Profanity, vulgarity, and/or inappropriate gestures will not be tolerated. This is to include inappropriate dancing.
- I will cooperate with teammates and follow the instruction of the cheerleading coaches and team leaders.
- I will respect and abide by all rules and policies established by coaches during practices, games, and cheerleading activities.
 - I will abide by all safety directions and rules.
 - I will stunt appropriately and safely.
 - I will not tumble unless the coaches have given permission.
- I will respect the dignity of all persons; I will not physically, mentally, or psychologically abuse or bully any person, this is to include my coaches.
- I will respect the property of others; I will neither abuse nor tolerate the abuse of property.

*Any violation of the rules outlined in this contract will result in one or more consequences administered at the discretion of the cheerleading director: verbal warning, parent conference, temporary suspension from game(s), or permanent removal from the team.

Behavior & Respect

- Social behavior should be exemplary at all times.
- Each squad member will treat coaches, leaders, game officials, and other athletic staff with respect at all times. This attitude will also extend to members of this and other cheerleading squads.
- The Cheer Director and/or board's decision will be final regarding inappropriate behavior or attitude.
- **We have a zero tolerance policy on bullying.** Cheerleaders will be respectful to their fellow cheerleaders and coaches on and off the field. If deemed appropriate, cheerleaders will be given one warning.
- Any behavior not in accordance with the above policies may result in immediate removal from the team without a prior warning. The director's decision is final.

Attendance

Cheer is a team sport. When cheerleaders are absent, it impacts the rest of the squad. Our practice time is when our cheerleaders learn the cheers, chants, stunts and routines. While we know that things will come up, we ask that you let us know ahead of time so that we can adjust appropriately.

- You are expected to reach out to all of the coaches on your squad if you will not be at a practice or a game via teamsnap. Updating your athlete's attendance within teamsnap is helpful.
- Attendance will be taken at each practice. If your cheerleader has excessive absences or tardies, a meeting with the coaches, family member/guardian, and cheerleader will take place about their role on the team.
- If you are at school, you are expected to be at practice that day unless prior arrangements have been made. We will, to the best of our ability, put together a schedule to assist each member in arranging their schedules. However, these times are subject to change. All changes to the schedule will be communicated as quickly as possible.
- It is the responsibility of the cheerleader's Parent/Family member to notify the coaches by phone, text or email, of any potential tardy or absence. Unless there is an emergency, advance notification must be provided to allow the coaches to prepare a revised practice schedule.
- Members must arrive at events/practices on time already *dressed and ready to warm-up*. Taking time out of practice to get ready will be considered a tardy.

Injury/Illness

- If a cheerleader is injured (during cheer or not) and unable to participate, we ask that they attend practice/games unless physically unable. They will not

participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.

- If a cheerleader is ill, we ask that they **do not** attend practice or games. Cheer is a close contact sport and germs spread quickly. We follow the same guidelines defined by Niskayuna School District.

Game Expectations

- Arrive 30 minutes early. Members may not leave the game early without prior approval.
- You are responsible for the upkeep of your uniform. Uniforms need to be kept neat and clean throughout the cheer season. These uniforms do not breathe, please wash between each game.
- Cheerleaders are to remain in the cheering area during the game.
- Cheerleaders need to eat prior to their game or after their game.
- Perform only the stunts that have been approved by the coaching staff.

Safety

- Stunting, Tumbling, and Strength Training must only take place in the presence of a qualified supervisor.
- Varsity sideline rules **will be enforced at all times**.
- **NO** jewelry may be worn during practices or sporting events. This includes piercings, bracelets or rings. If jewelry is "permanent" the cheerleader will be asked to sit out until the jewelry is removed.
- Nails must be kept short.

Consequences

Possible Consequences Include:

- Parent notification of violation.
- Suspension
- Dismissal from team (no refund of participation fees)

By signing I indicate that I have read and understand the expectations laid out in this contract. I understand that my cheerleader is expected to abide by the rules and expectations in this contract. I understand that if my cheerleader is removed from the team, we will not be issued a refund.