

# ACPR Youth Cheer Program

## Rules and Expectations

The mission of Alexander City Parks & Recreation Youth Cheerleading Program is to promote school spirit, develop teamwork and sportsmanship, and provide a safe and respectful environment of which children can learn, grown, and **HAVE FUN!** It is our intention to allow any child who wants to cheer, the opportunity to participate.

**THE RULES THAT FOLLOW ARE FOR EVERYONE'S BENEFIT AND SAFETY.**  
**PLEASE READ THEM CAREFULLY!!**

### **ABSENCES AND TARDINESS**

1. Attendance will be taken at the start of each practice. You are expected to be on time. If there is a problem with transportation, please seek alternate means.
2. If a cheerleader is going to be absent from a practice or a game, a phone call or text message **from the parent to the coach** is expected at least a 1/2 hour before a practice or by 1 hour before a game. **PLEASE DO NOT SEND A MESSAGE WITH ANYONE ELSE. WE CAN ALL FORGET THINGS!!!**
3. Your cheerleader needs to be in full uniform, with her squad, 15 minutes before the start of a game (UNLESS OTHERWISE STATED BY YOUR COACH). Attendance will be taken at that time. If you are late for attendance at a game, you could be benched from half time routine.
4. Cheerleaders must use the restroom **PRIOR** to a game or practice.
5. All cheerleaders must stay together with their squad during games and practices. No one will be allowed to leave or wander from their formation during a game. If this occurs, they may be benched for the remainder of the game.

### **PRACTICE**

1. Practice is important ... we understand that many commitments we all have. ACPR practices are usually twice a week, when the game schedule allows. Please make it a priority to be at atleast one or both of the practices. Once practice is over, the cheerleaders are dismissed by the coach. Please do not go over to another squad while they are still practicing and disrupt them.
2. Parents are must stay during all practices, however; we understand that things may come up during the same time as practice. If this occurs, parents must make the coaches aware that they are leaving and the parent/parents **MUST** return approximately 30 minutes before practice is over. If there should be a threat of inclement weather, **PARENTS MUST STAY THE ENTIRE PRACTICE.**

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### ADDITIONAL RULES

1. Absolutely no siblings, friends, or companions are allowed to practice with cheerleaders.
2. During games, cheers may be called by a designated cheerleader or coach. If someone doesn't like the cheer called, you are to perform the cheers anyway.
3. Cheerleaders, Coaches, and Board Members: When you're in a ACPR uniform, your behavior should be exemplary! Your behavior reflects on this program. You represent ACPR and we are proud of this organization and you should be also. You should behave well even when you are at school, out in public, wherever, you still represent the world of cheerleading and you should be proud of that. Not following the ACPR rules, will result in the Cheerleader, Coach, or Board Member being asked to change clothing or disciplinary action will be taken.
4. Absolutely NO GUM CHEWING at practice or games.
5. Always throw away trash after practice and games.

### PROFANITY AND CHEMICAL HEALTH

1. Profanity. Obscene gestures, smoking, drinking or drugs will **NOT** be tolerated at any time or any place.
  - First Violation: A verbal Warning.
  - Second Violation: One game suspension. Cheerleader must come to the game dressed in their uniform and sit on the sidelines. No fooling around or hanging with friends, etc. will be permitted.
  - Third Violation: Removed from program.
2. Any cheerleader using profanity or obscene gestures toward any member of ACPR will be disciplined in accordance with the following schedule.
  - First Violation: 2 Game suspension.
  - Second Violation: Removed from the program.

### PROPER UNIFORM AND UNIFORM VIOLATIONS

1. Your official ACPR approved uniform consists of a skirt, shell, bloomers, socks, hair bow, white tennis shoes and pom poms. Anything else, unless specified by your coach, is not allowed.
2. We are fortunate to live in an area with a very mild/warm climate, however, should the outside temperature be cold enough to require additional clothing, long sleeves worn under the uniform, will be allowed. Our goal is to keep a unified look on the squad. Please make every effort to work as a TEAM (Coaches & Parents) to pick long sleeve tops that match as closely as possible, while keeping cost for ALL parents in mind. Everyone must agree.

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### PARENTS GUIDELINES

1. **EVERY COACH IS A VOLUNTEER! BOTH CHEERLEADERS AND PARENTS SHOULD TREAT THEM WITH COURTESY AND RESPECT AT ALL TIMES.**
2. PARENT'S MUST PICK UP THEIR CHEERLEADER PROMPTLY AT THE END OF EACH PRACTICE OR GAME.
3. If you have a problem regarding anything on your cheerleader's squad, please approach their adult coach. If the coach is not aware of a problem, then the coach cannot help to solve the problem. We are all more than willing to listen and workout any problem you may have. We only ask that you do not disrupt a practice to talk to a coach. Coaches cannot watch out for the safety of the cheerleaders and talk with parents at the same time. Please approach the coaches either before or after any practice or game. All Coaches are required to communicate all problems to the Program Director.
4. Parents are to respect the Coach's decision regarding any disciplinary action of their cheerleader. A special meeting with the parent regarding disciplinary action of their cheerleader is encouraged should the parent or parents disagree with said disciplinary action. This can be arranged outside of the field and/or practice with the Coach and Program Directors.
5. We ask that everyone involved observe the 24 hour rule with respect to any disagreement.
  - A Member is not to approach a Coach to discuss a game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact. This allows BOTH parties to cool down and collect their thoughts rationally before anything is discussed.

### CHEERLEADERS CODE OF CONDUCT

1. To ensure that all participants gain the maximum benefit from their involvement in ACPR Youth Cheerleading, it is essential that a disciplined climate be maintained. The following is a list of activities that CAN result in suspension or dismissal of a cheerleader for the balance of the season:
  - General Misconduct
  - Being Disruptive
  - Inciting and/or engaging in un-sportsman-like conduct
  - Use of abusive or profane language, directed toward peers, Coaches, Officials or anyone else.
  - Belittling or fighting with other cheerleaders
  - Any other activity deemed by their Coaches or members of the ACPR Program Management to be detrimental to themselves or others.

### CHEERLEADERS RULES TO LIVE BY

You are a cheerleader! It is an honor and a privilege to be part of this organization. It is very important that you all get along with each other. **NO ONE CHEERLEADER IS BETTER THAN THE OTHER! YOU ARE A TEAM!**

Remember you are all on the same team representing the same organization! You must work as one squad. If a cheerleader is struggling, please do not ridicule ... help them. It makes you a better person and makes your squad stronger. Feelings are important. Treat someone as you want to be treated. Be proud and stand by each other!