

SRJC Cheer Behavioral Contract 2024-25

All required fields must be filled out. Due by 10pm on July 22nd.

alexisnaredo@gmail.com [Switch account](#)

 Not shared



* Indicates required question

Athlete Name *

Your answer

SRJC Cheerleading Program Policies



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1A. You must be present for all games and practices unless excused by Coach Lyndsey at least 7 days prior.

1B. You may be excused in the case of a family or medical emergency or if you are sick and contagious. You will be allowed to sit out of practice if you are injured (doctor's note required) but attendance is required unless you have been excused by Coach Lyndsey.

1C. We do understand that there are occasions that doctor's or dentist



appointments conflict with cheer practice but we ask that you do what you can to avoid this conflict. If you are missing practice for an appointment, notice must be given immediately and a doctor's note is required to bring to the following practice.

1D. Vacations, birthday parties, dinners, etc. that conflict with attendance at practice or games during the season are not excused.

1E. After 3 unexcused absences and/or tardies you will be benched from the upcoming game. You will have to sit on the sideline in uniform as this is not time to socialize.

1F. After 4 unexcused absences and/or tardies, you will be removed from the program for the season.

1G. An unexcused absence from a game will result in immediate removal from the half-time but routine if you are in it.

2. Grades & Academic Eligibility

2A. All cheerleaders must maintain academic eligibility per Santa Rosa Junior College requirements.

2B. All Cheerleaders must be enrolled in ATHL 1 course

2C. All Cheerleaders must maintain a 2.0 GPA minimum

3. Behavior

3A. SRJC Cheerleaders are expected to uphold exemplary behavior at all times, in and out of uniform.

3B. Bullying or intimidation of any kind will not be tolerated and will result in immediate removal from the program. This applies in and outside of school.

3C. Fighting will not be tolerated and will result in immediate removal from the

program.

3D. You are to treat your teammates with respect, all social media and in-person interactions must be cordial and kind. This applies in an outside of school.

3E. Stealing or tampering with property that does not belong to you will not be tolerated and will result in immediate suspension or removal from the program.

4. Practice & Game Day Requirements

4A. All athletes are required to come to practice 'Practice Ready' with the proper attire, cheer shoes, hair up and out of your face, and all jewelry removed or bandaged. Pajamas, sandals, slides, jeans are not appropriate and will result in an unexcused absence. If we have to continue to remind you to remove or bandage jewelry it will result in an unexcused tardy and/or absence.

4B. Nails; acrylic nails are only allowed if you can make a full fist. This is for the safety of you and your teammates. If you cannot make a fist, you cannot practice and this will result in an unexcused absence.

4C. All athletes are required to come to games 'Game Day Ready' with uniform and shoes on, hair and makeup done as agreed upon by the Coach and Team with their poms and cheer bag. You are required to be at all games on time or you will be benched.

5. Cheerleaders under the influence of any mind altering substance during practice, games, competitions, events, etc. will immediately be removed from the program and it will be reported to school administration. Being under the influence is prohibited at all times and risks the safety of you and your teammates.

6. Coaches are employed for a reason. It is not an athlete's job to coach other athletes. We ask that all athletes remember no peer is above or greater than the other and everyone is continuing to learn. Be kind, respectful and engaged.

7. SRJC Cheer has a zero tolerance policy for bullying, harassment, hate speech, racism, homophobia, sexism, etc.

8. Financial Commitment

8A. Dues must be paid by the first Monday of each month. Failure to do so will result in a late fee of \$10 per week. Monthly cheer dues cannot be refunded for any reason.

8B. Any Athlete to quit the SRJC Cheer Program after July 1st may not be refunded for any items that were paid for as they have already been ordered and tailored to your measurements and specifications. You may collect your items upon arrival or we can sell them to a new athlete and reimburse you but there will be NO refunds.

8C. If your items were ordered and you quit after July 1st, you will be invoiced for ANY and ALL remaining apparel balances which must be paid to Athletics.

8D. All late apparel fees be paid before the arrival of the item. Failure to do so will result in a \$25 late fee per item.

8E. If you are removed from the program for any reason, you are still responsible for the remaining balance of your season. You will be invoiced and the remaining balance must be paid to athletics.

By electronically signing the form below, I acknowledge as an SRJC Student and

participant in the SRJC Cheer program that I have read and understand the above content.

Program policies and regulations are subject to change at the discretion of School Administration, Athletic Director or Coaches but notice will always be given to athletes.

Athlete Signature *

Your answer

Submit

Clear form

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