

2025 Placer Jr. Hillmen Cheerleading Contract

Welcome to Placer Jr. Hillmen Cheer! We are excited to have you join our program, where we prioritize a fun and positive environment, thriving on team effort. We look forward to a fantastic season ahead!

As we kick off the year, we want to establish some agreements and expectations that will guide our cheerleading program. Cheerleading is a unique sport that often requires additional commitment compared to others; it involves subjective evaluations and performance decisions that our coaching staff must make regarding roles within the team.

We understand that the season can be long and may occasionally disrupt family plans. There will be numerous practices, team functions, and responsibilities that will require both cheerleaders and parents to dedicate considerable time to the Placer Jr. Hillmen Cheer program. Additionally, as we share facilities with other teams, flexibility around practice times and locations may be necessary.

With this commitment comes a significant investment of time, energy, and resources. For this reason, the coaching staff and PJH Board of Directors have carefully outlined expectations for all participants. Please read the following guidelines closely before committing to the program. Upon signing and returning this form to the coaching staff, we will expect cheerleaders to fulfill their commitments fully.

All athletes in the cheerleading program are required to adhere to the established code of conduct. Both athletes and parents should familiarize themselves with these expectations, as they form the foundation of our successful program. You can also refer to the PJH Conduct Policy for further details.

Thank you for your commitment to the Placer Jr. Hillmen Cheer program. Together, we will work hard to make this season a memorable and rewarding experience!

Communication:

At Placer Jr. Hillmen Cheerleading, we prioritize open and honest communication. Players are encouraged to express any concerns or questions they may have directly to their Head Coach. To facilitate this, players can arrange to meet with their coach before or after practice.

If a player's concern remains unresolved after speaking to the Head Coach, they are encouraged to reach out to the PJH Cheer Coordinators for further assistance.

Should the issue still be unresolved, we invite parents to bring their concerns to the Head Coach and or Cheer Coordinator.

****Chain of Command:****

To ensure effective communication and resolution of any questions or issues, please follow the established chain of command:

Parents ⇄ Athletes ⇄ Respective Team Coach(es) ⇄ Head Coach ⇄ Coordinator

We believe that following this chain of command will promote accountability and maturity among our athletes, while fostering a supportive environment in our program. Thank you for your cooperation!

Conduct:

It is essential that we uphold a standard of conduct that reflects our values and commitment to teamwork. To promote a healthy and positive environment within the Placer Jr. Hillmen Cheerleading program, all participants are expected to adhere to the following guidelines:

1. Good Sportsmanship: Demonstrate strong sportsmanship by supporting Placer Jr. Hillmen Football and Cheer, encouraging teammates and competitors alike.
2. Respect Your Team: Exhibit respect towards your teammates and coaching staff. Collaboration and support are key components of our success.
3. Self-Respect: Maintain a positive self-image and respect yourself as an athlete, acknowledging your strengths and areas for growth.
4. Regular Attendance: Attend practices, activities, and clinics regularly. Consistency is crucial for team development and individual improvement.
5. Proper Attire: Follow the designated practice attire schedule. Ensure you wear only the approved attire on game and competition days to represent the team professionally.

Prohibited Conduct:

To ensure a safe and respectful environment for everyone involved in the Placer Jr. Hillmen Cheerleading program, the following behaviors will not be tolerated:

1. Disrespectful Behavior: Any form of disrespect towards coaching staff, including profanity and disrespectful gestures (e.g., eye rolling), is unacceptable.
2. Disrespect Towards Peers: Show respect to all members of the cheerleading program; negative behavior towards teammates will not be tolerated.
3. Substance Use: The use of alcohol, tobacco, or illegal drugs is prohibited. Additionally, no cheerleader should be present while others are using these substances.
4. Hazing and Bullying: Hazing, fighting, bullying, or any disrespectful behavior towards teammates is strictly forbidden.
5. Profanity and Abusive Language: The use of profanity or any abusive language is unacceptable in all interactions.
6. Inappropriate Affection: Public displays of affection should be appropriate and respectful, in line with team expectations.

7. Attendance Requirements: Unexcused absences from practice, games, or competitions can create safety concerns. Refer to the PJH Cheerleading attendance policy for detailed guidelines.

8. Punctuality: Arriving late to any practice, game, fundraiser, or competition disrupts team cohesion and performance.

9. Safety Compliance: Adherence to safety rules is expected at all times to protect the well-being of all participants.

Should any PJH Cheerleader fail to meet these expectations, the following corrective actions may be implemented and documented:

Discipline Guidelines:

1. Verbal Warning and Re-Focus: A discussion addressing the behavior, especially important for younger athletes to understand expectations.

2. Field Discipline: Specific corrective measures taken during practice or events to address inappropriate behavior.

3. Suspension from Part or All of Practice: Temporary removal from practice to emphasize the importance of discipline.

4. Suspension from Part or All of a Game or Competition: Exclusion from a game or competition as a consequence of infractions.

5. Suspension from more than one Game or Competition: Extended suspension from multiple events for more severe or repeated offenses.

6. Expulsion from the Premises: Immediate removal from practice, game, or competition for serious breaches of conduct.

7. Permanent Expulsion from all PJH Activities: The most severe consequence, resulting in a lifetime ban from participating in all PJH Cheer activities.

These guidelines are in place to ensure that all cheerleaders are held to high standards of behavior, fostering a supportive and focused atmosphere for both athletes and coaches. Thank you for your understanding and cooperation as we work together to uphold the values of our program.

Attendance:

Building a cohesive and effective cheerleading team relies heavily on the commitment and consistency of each member. Therefore, it is expected that all cheerleaders attend practices and team functions, prepared and on time. Specifically, you are required to arrive at least *one hour prior* to games and competitions dressed in your uniform and ready to cheer.

If, for any reason, a cheerleader is unable to participate due to disciplinary matters, it is still imperative that they attend the team function in their warmups, supporting their teammates.

Excused Absences:

Absences will only be considered excused if you notify your coach in advance and if the reason is justifiable. Acceptable reasons include illness (with a doctor's note for absences longer than one day), injury, family emergencies, or family/school functions, provided you communicate these at least one week in advance. Timely communication assists us in planning practices effectively. Please note that all absences must be reported on the same day to one of your coaches; otherwise, they will be marked as unexcused.

Unexcused Absences:

Any absence not accounted for as excused listed above will be deemed unexcused and will not be tolerated. Such absences demonstrate a lack of respect for your commitment to the team and can jeopardize the safety of your team.

Consequences for Attendance Issues:

Excessive excused absences, unexcused absences, and tardiness will lead to disciplinary actions in accordance with PJH's Attendance Policy. It is critical that every cheerleader understands the potential implications of missing practices for unexcused reasons, including consequences at the team level.

Practice Schedule:

Please remember that practice starts promptly at 6:00 p.m. and ends at 8:00 p.m. (or 7:30 p.m. for the Mascot squad). I encourage you to arrive at least 10 minutes early so that you are prepared to begin on time. Additionally, I kindly ask parents to ensure timely pick-up after practice to allow our coaches and coordinators to leave on time as well.

Drop-off and Pick-up Procedures:

All cheerleaders must be dropped off with a coach or team mom at practices and should never be left alone or picked up early. It is essential that each cheerleader is properly accounted for at all times.

At the end of practice, coaches will not release cheerleaders until they see a parent or designated person responsible for the child. This policy is in place to ensure that every cheerleader leaves with someone who has been authorized by their family.

Game and Practice Attire Requirements:

1. Uniform Cleanliness: Uniforms must always be clean and presentable.
2. Hair Standards: ***NEW*** For this season, hair for practices and games must be slicked back into a tight, high ponytail with an appropriate bow. If a cheerleader arrives without this hairstyle or if the ponytail is not high enough, we will assist them in adjusting it during warm-ups.
3. Matching Attire: All matching pieces of the uniform must be worn together.
4. Prohibited Items: Sweatpants, UGG boots, and any non-PJH Cheer clothing are NOT permitted with uniforms.

5. Nail Guidelines: Nails must be trimmed below the fingertip and be free of polish for Jamboree. Fake nails are not allowed. Polish is permissible during practice only.

6. Jewelry Restrictions: No jewelry is allowed, including all types of piercings, rings, necklaces, anklets, and bracelets. Please note that tape or band-aids over piercings will NOT be accepted.

7. Makeup Policy: Limited makeup is permitted for 12U and 14U squads with parental permission. This will be at the coach's discretion and should be kept light.

8. Practice Attire: Assigned practice attire is required at all practices. Cheerleaders will need to purchase a practice shirt. Additionally, bottoms must be appropriate length as determined by the coach, and Nike pro shorts will no longer be allowed.

Game Day Guidelines:

To ensure a successful and enjoyable game day experience for all Placer Jr. Hillmen Cheerleaders, please adhere to the following specifics:

1. Game Day Attire:

- Full uniform is required, which includes:
 - Hair bow
 - Shell
 - Skirt
 - Spanks
 - Clean white socks ("no-show")
 - Cheer shoes

Always bring your liner unless instructed otherwise by your coach. Mascots and 8U teams often wear theirs on cooler mornings.

2. Arrival Time: Cheerleaders must be on the field and ready at least one hour before the scheduled game time, or as directed by the coach.

3. Eating and Drinking: Eating and drinking is only allowed during breaks designated by the coach. Cheerleaders must wear a shirt that covers their uniform when eating or drinking anything other than water to prevent stains. No snacks or drinks are permitted in the performance area, except for water. Each cheerleader should have their own water bottle to stay hydrated. Home games will provide chilled, filtered sideline water.

4. Cleanliness: Cheerleaders are responsible for cleaning up after themselves during games.

5. Uniform Policy: If a cheerleader is at the game before or after their scheduled time, they may choose to wear either full uniform or casual attire. A combination of the two is not allowed.

6. Representation: Cheerleaders must always represent PJH positively, both on and off the field.

7. Engagement and Support: The role of cheerleaders is to involve the crowd and support the football team. Cheerleaders should not distract from the game but enhance the spectators' experience. They should stay focused on the game and support the football team by cheering them on.

8. Academic Responsibility: Cheerleaders are encouraged to maintain good academic standing. The PJH Cheerleading program supports academic success, and cheerleaders are expected to do their best in both athletics and academics.

Fundraising:

As we prepare for an exciting season ahead, I want to take a moment to discuss our fundraising efforts, which are crucial for supporting our cheerleading activities, including our goal to participate in upcoming JAMZ competitions this year.

Every cheerleader will be expected to fulfill the PJH Fundraising requirement (details to be announced soon) as well as any additional smaller fundraising initiatives we may organize as a team. Your support and participation in these fundraisers will be vital to ensure we can provide our athletes with the best possible experience this season.

We appreciate your enthusiasm and commitment to making this season a success. More information regarding the specific fundraising activities and requirements will be shared by our fundraising coordinator. If you have any questions or ideas for fundraising opportunities, please feel free to reach out to pjhfundraising@gmail.com.

Competition:

Both the SYF Cheer Qualifier and Championship (dates TBD) are mandatory for all PJH Cheerleaders. We are pleased to inform you that entrance fees for our cheerleaders, coaches, and instructors will be covered by PJH.

In preparation for these competitions, please note that starting four weeks prior, ALL practices will be MANDATORY. To accommodate our training needs, we will extend practice days to Monday through Thursday. Consistent participation is crucial during this period; any missed practice could result in removal from the competition. This is because each cheerleader's absence may impact the entire squad's knowledge of routines and stunt abilities.

It is essential for every cheerleader to recognize the importance of teamwork — each member's presence strengthens our squad and enhances our practice experience.

Playoffs:

As each squad continues to cheer for their respective teams during the playoff games, please be aware that this commitment remains crucial even after our competition date. Our cheerleaders will be performing their competition routines during the halftime shows, showcasing the hard work and dedication they've put into their routines.

These performances not only highlight our cheerleaders' talents but also foster team spirit and support for our teams as they advance in the playoffs.

PJH Cheerleading Contract Agreement Form

By signing below, the cheerleader and parent(s) accept the player's position in the Cheerleading program and commit themselves to the above expectations for the 2025 Cheerleading season.

Cheerleader Agreement

I have read the PJH Cheerleading Contract. My signature below verifies that I understand and agree to the Contract.

Print Name (Cheerleader)

Signature (Cheerleader)

Parental Agreement

I have read the PJH Cheerleading Contract. My signature below verifies that I understand and agree to the Contract.

Print Name (Parent)

Signature (Parent)