



# Inglemoor Junior Cheer

## Code of Conduct

For Cheerleaders & Parents ~ 2025 Season

**IJC requires all cheerleaders and parents to read, understand, and adhere to the following Code of Conduct. Disciplinary action will be taken if the Code of Conduct is not maintained.**

### **Cheerleader Expectations:**

- Adhere to all program policies.
- Attend all preseason mandatory events including the uniform fitting on Sunday, June 1st, time and location TBD. Please keep the ENTIRE day open. If a cheerleader does not attend the uniform fitting, they will not be able to cheer for the season.
- Be respectful to all coaching staff and cheerleaders at all levels.
- Work hard and have a positive attitude at all times.
- Assist your fellow cheerleaders with encouragement and any extra help when you can.
- Participate in practices and be responsible for learning all cheers and dances.
- Cheerleaders must practice at home to be prepared for sideline cheers, halftime routines and stunting. We will provide conditioning and strengthening exercises for cheerleaders to practice in order to pass stunt progression tests. These progressions are crucial to stunt safety for your cheerleader and their stunt team.
- 100% attendance. If unable to attend due to illness or family emergency let your coach know ASAP. If you do not attend a practice or a game without prior communication, consequences will apply. In addition, if practices or games are missed, the cheerleader and parent will meet with the coach coordinator to discuss attendance and any necessary action to ensure the safety of the cheerleader and squad.
- Keep in mind game times may change at the last minute due to facility/field availability so keep the entire day available. Practices do not typically change but may need to occasionally be adjusted based on NSD facility availability.
- Attend and be on “Viking Cheer Time” for all practices, games and events.  
“Viking Cheer Time” = 10 minutes prior to practice; 30-60 minutes prior to game time or as per coach.
- Contact your coach as early as possible if s/he will be late or cannot attend practice, game or event due to illness or family emergency.
- Have all cheer equipment and uniform pieces at all times. If a cheerleader is missing a uniform piece, they will sit out unless or until a parent can bring the missing item.
- Adhere to cell phone policy – no cell phone use during practices and games.
- **IJC has a policy of “zero tolerance” for any drug, smoking, alcohol use and unbecoming behaviors on and off the field including bullying. Evidence of drug, alcohol use, bullying or any unbecoming behaviors by a cheerleader at any time will result in consequences including the possibility of immediate expulsion from the IJC program. This includes evidence found by ANY means, including social media.**

**Practices and games are a crucial part of your child’s, as well as the entire squad’s success and safety. Being late or missing practices or games for any reason will result in sitting out with the coach for one or more quarters. In addition, if your child misses practice, they will not be able to participate in certain cheer routines or stunts on game day. This is not a punishment but rather a necessity in order to ensure the readiness of each cheerleader for individual and team safety.**

**Parent Expectations:**

- Exhibit a positive and supportive attitude toward your cheerleader and coaches at all times! If concerns or issues arise, please do not discuss at a game or in front of any cheerleader. Please contact your coach or an executive board member at a later time so they may address your concern. **Participation and attitude of our cheer parents is just as important as those of our cheerleaders.**
- Volunteer for at least one IJC event. We are a volunteer-run nonprofit and welcome parent and community volunteer involvement.
- Help your cheerleader uphold the expectations of IJC.
- Stay up to date on all IJC communications and update your cheerleader’s availability in TeamSnap for every practice and game so coaches can plan for routines and stunt groups.
- Make sure a parent attends the mandatory uniform fitting with your cheerleader on Sunday, June 1st, time and location TBD so keep the whole day open. Cheerleaders cannot participate in the season if they do not attend the fitting.
- Drop off your cheerleader on time for practices and games. Please also pick up your child promptly at the end of practices and games. Coaches cannot remain late after IJC events.
- If your child forgets a required practice or game day item, they will sit out until a parent can bring it to the practice or game.

Cheerleaders agree to attend all practice and game day dates listed below, understanding that some times and days may change subject to NSD field availability or related adjustments.

Practices:      Monday, August 11th through Thursday, August 14th (Evenings, time and location TBD)  
                    Monday, August 18th through Thursday, August 21st (Evenings, time and location TBD)  
                    Tuesdays and Thursdays from August 26th through November 13th (Evenings, time and location TBD)

Regular Season Game Days: Saturdays beginning September 6th through October 25th  
Quarter Final Playoffs, Semi Finals and Championship games begin the first Saturday in November and go through mid November depending on football team performance. Cheer will attend games if any football teams advance.

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Cheerleader Signature      Date      Parent Signature      Date