

Vikings Junior Football and Cheer - Code of Conduct

Mission Statement:

“Vikings Junior Football and Cheer strives to provide a positive and supportive environment for Inglemoor youth in Kenmore, Washington to develop skills and winning attitudes, improve character and sportsmanship, while competing in a fun and challenging atmosphere.”

For players, cheerleaders, parents/guardians.

The Vikings Junior Football & Cheer (VJFC) program is dedicated to the promotion of teamwork, the enhancement of each participant’s self-esteem, physical fitness, and their growth as a responsible individual within the community.

VJFC requires all participants 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.

Expectations:

1. Adhere to and uphold the above VJFC mission statement.
 2. Be respectful to all coaching staff, board members, players, and cheerleaders at all levels.
 3. Work hard and have a positive attitude. 100% always.
 4. Assist your fellow players/cheerleaders with encouragement and any extra help when you can.
 5. Participate in warm-ups and be responsible for learning all plays/cheers/routines as applicable.
 6. 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.

- Being late or missing practice or games for any reason will result in sitting out with the coach for one or more quarters.
- Keep in mind game times may change at the last minute so keep the entire day available.
- As an organization, we invest in TeamSnap – please utilize this benefit from your coaches for the most up-to-date information about game, practice times and locations. You agree to keep your child’s availability updated in TeamSnap for all events.

7. Attend and be on time for all practices, games, and events.

8. 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.

9. Always have all personal equipment and uniforms. If you do not have all proper equipment/uniform, you may have to sit out from practice/game.

10. Adhere to cell phone policy – no cell phone use during practices and games.

11. VJFC has a policy of “zero tolerance” for any drug or alcohol use. Evidence of drug or alcohol use by a participant at any time will result in immediate expulsion from the VJFC program. This includes evidence found by any means, including social media.

Practice and games are a crucial part of your child’s, as well as the entire team’s success. Being late or missing practice or games for any reason will result in you sitting out with the coach for one or more quarters.

We have a very firm three strikes policy for behavior and/or attendance issues. Prearranged absences count as a strike. Participants will be informed if they have a strike and coaches may arrange to meet with parents, participants, and an executive board member if necessary.

Disregarding any of the above-mentioned policies may result in a strike and/or sitting for the first quarter of the game.

Parents/Guardians:

Exhibit a positive and supportive attitude toward your athlete, coaches, and volunteer board members always:

- This includes any form of communication, including but not limited to phone, text, voicemail, social media, verbal or implied.
- If concerns or issues arise, please do not discuss at a game or in front of any player or cheerleader.

- Please contact your coach or an executive board member later so they may address your concern.
- VJFC has a zero-tolerance policy for any bullying, threatening, aggressive or otherwise conduct unbecoming behaviors exhibited by participants or parents. This includes evidence found by any means, including social media. Any violation as determined by our Grievance Committee can result in the immediate removal of the parent and/or player from the organization as determined by the governing board.

2. Participation and attitude of our parents is just as important as those of our players.

3. Contact IJFABoard@gmail.com to file a grievance or to communicate your concerns with coaches, players, board, or any VJF&C staff.

4. Field Attendance and Conduct:

We understand the desire to support your child, however for the safety of all the athletes on the field, we ask that family members remain off the field and on the other side of the track to observe from a distance and keep all siblings close by. Kids and animals are not permitted to run freely. Use of team equipment is not permitted.