



## **Code of Conduct Practices and Games**

Our purpose as a Christian Cheer team is to minister to our own cheerleaders, their families, the teams we play against (coaches/players/families) and anyone else we may have contact with during the football season. Our goal is to encourage the girls, train them up with the highest integrity a young, Christian lady should strive to have, and lead her to always look to Jesus for her guidance and as her perfect role model. Humility, kindness, compassion, servant leadership, and love are what the Charger Cheerleaders should strive to exemplify.

With this in mind, this is the code of conduct we are expecting our cheerleaders to follow this year.

- ❖ Modest dress during practice, games, and any Chargers' events
  - No half shirts should be worn
  - No spanx without shorts over them
  - Undergarments should not be visible
  - Modest swimsuits-no cleavage showing, or buttocks hanging out of the bottom or top of the swim bottoms
- ❖ No baggy shirts
- ❖ No jewelry or watches should be worn for practice or games
- ❖ No cell phones should be used during practice or games, except for emergencies
- ❖ No food should be eaten during the game on the sidelines, except for halftime
- ❖ No chewing gum during practice or games
- ❖ Water should be brought
- ❖ Be on time, prepared, and ready to participate
- ❖ No guests or friends should accompany you to practice or pre-game warmups
- ❖ Keep up with the skills, cheers, and dances - everyone can improve
- ❖ No side talking while cheering, your responsibility is to support and encourage the boys/girls and engage the crowd

- ❖ Have a servant's heart, positive attitude, and show respect and courtesy to other team members and coaches
- ❖ No foul talk should be used, including using God's name in vain
- ❖ During the game be prepared with all your items from your bow to toe checklist - the consequence for missing items will be to sit out part or all of the game (see individual squad guidelines)
- ❖ No long or fake finger nails

We would like to foster a relationship between the coaches and the girls. We would like the girls, rather than the parents, to be able to come to the coach first with any requests or concerns. The coaches see all the girls at practice so they are more familiar with their abilities, strengths, and areas needing improvement, whereas the parents would only see their own child. The coaches are doing their best to place the girls in the positions that make the squad as successful as possible. This doesn't mean that the girls can't learn new things, or be placed in different spots. This is where the communication between the coach and girl comes in.

I have read this code of conduct information, and understand that these are the guidelines I/my child need to abide by during the 2025 cheer season.

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Cheerleader's signature

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Date

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Cheerleader's printed name

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Parent's signature

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Date