



## Oregon City Junior Cheer Code Of Conduct

I hereby pledge to provide positive support, care and encouragement for all participants in the Oregon City Junior Cheer program by following this code of conduct.

I agree to respect the schedules of the coaches by arriving 10 minutes early for practices, competitions and events.

I agree to be a positive role model and will not engage in public displays of anger or negative behavior.

I will help promote good sportsmanship by respecting opposing fans, coaches and participants.

I will avoid the use of profane and obnoxious language and behavior.

I agree to be respectful to parents, family members, teachers and school authorities.

I will not approach parents or spectators before, during or immediately after practice or competitions with anything other than support & congratulations. All questions and concerns regarding cheerleaders conduct will be addressed the day after the competition in an atmosphere conducive to problem solving.

I agree to contact a coach, or team representative, directly for any violation of rules, questionable conduct such as abusive behavior by a team, coach or fan, or irreconcilable personality conflicts. I understand that this is the OCJC procedure for dealing with negative or emotional issues regarding the program. All concerns by cheerleader and/or parents can be emailed to: [concern.ocjuniorcheer@gmail.com](mailto:concern.ocjuniorcheer@gmail.com)

Any negative direct or indirect social media communication towards another teammate/classmate or their family/friends will possibly warrant you to be released from the program. Depending on the media fraction, the "One strike, you are out" rule will apply.

I understand that the coach will give one warning if misbehavior of an athlete takes place in or outside of OCJC events. If behavior continues a second warning will be given and a discussion with the OCJC president, vice president, coaches and parents will occur.

Third warnings are a dismissal from the OCJC program.

I understand that sitting out for  $\frac{1}{3}$  of our practice time for an injury that occurred outside of cheer and without a doctor's note will be considered as an unexcused absence.



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### **Attendance**

I understand how important my presence is at each and every practice & competition. I agree to commit to attending all practices, competitions and other OCJC events. I understand that I am to give 2 weeks notice if I will be out of town, or have other family oriented engagements. I understand that if I have an unexcused absence I will be given a warning. If it continues, a discussion with the OCJC president, vice president, coaches and parents will occur. Third warnings are grounds for demotion or dismissal from the OCJC program.

Excused Absences: Bereavement, planned vacation, or family event (2 weeks notice must be given) and illness: vomiting, fever within the last 24 hours, pneumonia, mono, or a doctor's note must be given.

All absences are to be communicated through email to [attendance.ocjuniorcheer@gmail.com](mailto:attendance.ocjuniorcheer@gmail.com)

Cheerleader Name: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

### **OCJC CONTRACT and MEDICAL AUTHORIZATION:**

I hereby give unconditional permission for my child to participate in all activities sponsored by OCJC. With full understanding of the above contract, my child is permitted to participate. I will not hold its board members, coaches, agencies or volunteers liable for injuries or medical care resulting in participation in the OCJC program. I grant that person permission to authorize medical services that they deem as proper to any injury or emergency. I understand that in an emergency, reasonable efforts will be made to notify me. I give permission to OCJC to use all pictures/videos of my child for promotional use.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_