



## ***SBPAL VIKINGS CHEER***

Director: Jenn House [sbvikingscheer21@gmail.com](mailto:sbvikingscheer21@gmail.com)

Assistant Director: Sandra Schreyer [presbyschreyer@gmail.com](mailto:presbyschreyer@gmail.com)

Athlete's Name \_\_\_\_\_

### **For Athletes**

1. **Respect** – I will respect my coaches, teammates, officials, opponents, and myself at all times.
2. **Sportsmanship** – I will always demonstrate good sportsmanship, whether in practice, competition, or outside of cheerleading activities.
3. **Commitment** – I will attend all practices, games, and events unless excused by my coach. I will arrive on time and ready to participate.
4. **Effort & Attitude** – I will give my best effort in all activities, maintain a positive attitude, and be supportive of my teammates.
5. **Safety** – I will follow all safety guidelines, listen to my coaches, and never attempt stunts, jumps, or tumbling without proper supervision.
6. **Appropriate Behavior** – I will refrain from using inappropriate language, bullying, gossip, or any behavior that could be harmful to others, both in person and virtually.
7. **Healthy Habits** – I will take care of my body by maintaining good nutrition, staying hydrated, and getting enough rest.
8. **Social Media Responsibility** – I will represent my team positively on social media, avoiding negative or harmful posts about teammates, opponents, or the program.
9. **Academics First** – I understand that my education is important and will strive to maintain good grades while balancing cheerleading responsibilities.
10. **Uniform & Appearance** – I will wear my uniform, practice attire, and Vikings gear appropriately and take care of my gear. I will respectfully and responsibly represent my community, organization, and team at all times.

### **For Parents & Guardians**

1. **Pop Warner Code of Conduct** — I have read and will abide by the Pop Warner Code of Conduct.
2. **Support & Encouragement** – I will encourage my child and their teammates, fostering a positive and respectful environment.
3. **Respect for Coaches & Officials** – I will respect all coaches, officials, and program leaders, understanding that they are making decisions in the best interest of the team and program.
4. **Positive Role Model** – I will demonstrate good sportsmanship and never engage in negative behavior, including arguing with officials, coaches, athletes, or other parents.



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5. **Commitment to the Program** – I will ensure my child attends practices and events on time, and I will communicate with coaches if conflicts arise.
6. **Encourage Effort Over Outcome** – I will praise my child for their hard work, dedication, and growth rather than focusing only on winning or placement in competitions.
7. **Respect for All Athletes** – I will never belittle or criticize any athlete on the team or opposing teams.
8. **Constructive Communication** – If I have a concern, I will address it with the appropriate coach or administrator respectfully and at the right time.
9. **Social Media Responsibility** – I will use social media positively, refraining from posting negative or inappropriate comments about athletes, teams, or the program.
10. **Health & Well-being** – I will support my child in maintaining a healthy lifestyle, ensuring they get proper nutrition, hydration, and rest.
11. **Conflict Resolution** – If I have concerns, I will follow the proper process, such as requesting a meeting with the coach or administrator, rather than addressing issues publicly or during events.
12. **Carpooling & Transportation Responsibility** – I will ensure my child has reliable transportation to and from practices, games, events, and competitions, and will coordinate with other parents if needed.
13. **Cheerleading as a Team Sport** – I understand that cheerleading is a team activity, and I will encourage teamwork and team spirit rather than focusing solely on my child's individual needs.
14. **Injury & Medical Concerns** – I will promptly inform coaches of any injuries or medical conditions that may impact my child's participation and ensure proper medical attention is sought when necessary.

By signing this Code of Conduct or by electronically agreeing to it, I acknowledge that my athlete and I understand and agree to follow these expectations. I recognize that failure to adhere to these guidelines may result in appropriate consequences, which may include suspension or expulsion, as determined by the cheerleading program and SBPAL.

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Athlete Signature (or name written by athlete)

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Date

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Parent/Guardian Signature

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Date

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Parent/Guardian Printed Name