

Kansas City Athletic Cheer Code of Conduct & Rules

"A champion is someone who trains even when no one is watching." - Gabarra

At Kansas City Athletic Cheer—we believe good sportsmanship shall rise above all!

As a cheer team member, you are a representative of Kansas City Athletic Cheer . Know that wherever you go, whatever you do, you are representing Kansas City Athletic Cheer!

- Cheer team members must attend all scheduled practices. If a member must miss, please notify a coach for an excused absence. It is the cheerleader's responsibility to learn what was taught during the missed practice. (Excused absences include: death, vomiting, contagious illness, school function, vacation)
- Be on-time!
- No use of personal Cell Phones during practice.
- No jewelry, hair up, shoes on at START of practice.
- No spotting, tumbling, or stunting without a coach present.
- No snacks in the gym! Water bottles are encouraged.
- Cheer team members should not only accept each other for their differences, but work to tolerate those differences!
- All choreography and skill performances are completely at the discretion of coaching staff (this includes placement and stunt groups)
- If your parents, coaches and teachers would not approve...don't do it!
- Absolutely NO: fighting, trash talking, swearing, name calling.
- Cheer team members must attend all scheduled competitions as outlined by Kansas City Athletic Cheer at the beginning of the season.
- **All practices, 2 weeks prior to a competition, are MANDATORY. No exceptions.**
- Exhibition performances are optional.
- Each member of the squad must be properly attired for every competition, exhibition and practice.
- Each cheer team member shall stay in uniform for the entire competition or exhibition or change to something approved by coaches (team warm ups). No defacing of uniforms (i.e.: unzipping and rolling skirts down)
- Cheer team members and parents are expected to be respectful. This includes being honest and respectful to all members of the cheer squad, other parents and coaching staff.
- **KCAC Cheer team members will stand and cheer for every team at competitions. NO trash talking any team.**
- All cheer members must stay for the entire competition, unless excused by a coach prior to competition day.
- Parents and Guardians serve as role models for their children; become aware of this and work to be a positive role model. Applaud good performances by the opposing team as well as your child's team.
- Parents or Guardians will support the efforts of Coaches and Judges.
- Remember, this is a fun sport. Show Sportsmanship at all times.

"The measure of a woman's real character is what she would do if she knew she would never be found out." - MaCauley

If you ever have ANY concerns, please feel free to call Johanna Lucas at 913 645-0939 or email KCAC@kc.rr.com.

I, (Participant's Name), _____ have read and agree to abide by the Code of Conduct and Rules of Kansas City Athletic Cheer.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____