

## SAHUARITA/GREEN VALLEY 49ERS CHEER CONSTITUTION 2025

### PURPOSE

SGF is a part of American Youth Football and Cheer. We offer a positive environment for learning; teaching discipline, teamwork, and techniques that will help our athletes reach their athletic goals. SGF is composed of committed volunteers, working together to support our community's youth. It is our purpose to promote and uphold TEAM spirit within our organization and those we encounter.

### ELIGIBILITY

SGF Cheerleading is co-ed and welcomes athletes from ages 4, by July 31st of the current season, to 14. Upon registration athletes will be placed on the appropriate age/level cheer squad. We do not conduct tryouts but reserve the right to access the appropriate age division to place athletes within the AYF age guidelines. Upon registration the following documents are due:

- Physical signed by a doctor stating cleared for all athletics (dated with the current year)
- Official report card with all 4 quarters of current year (due at the end of the school year)
- Completed Registration packet (can be found on our website)
- Birth Certificate

Failure to complete the necessary paperwork will result in a drop from the program.

### ATTENDANCE REQUIREMENTS

Due to the nature of the sport, a practice missed by one athlete has a significant impact. We ask that you respect the time of our volunteers and make attendance a priority. As a result, attendance at all practices, games, and competitions is mandatory.

Excessive absences (defined as five (5) or more) will be considered a voluntary drop from the team, unless a doctor's note is provided. Arriving more than 15 minutes late or departing more than 15 minutes early from a practice is considered an absence. Attendance is tracked and logged daily.

The Head Coach must be notified a minimum of 2 hours before a game, practice or event and a reason for the absence must be stated. Failure to do so will result in an unexcused absence.

Attendance policy:

- One (1) absence in the week will result in suspension from cheering in the first HALF (including halftime) of the following game.
- Two (2) absences in one week will result in suspension from cheering for a whole game, or pep rally, whichever comes first.
- Athletes sitting out due to attendance issues must still attend the game and go through the team check-in process in order to be eligible to participate in competition.

### FINANCIAL RESPONSIBILITIES

Each athlete will receive a custom uniform (shell and skirt), briefs, cheer shoes and a game day bow. Pom-poms and midriiffs are property of the organization. Pom-poms will be provided to the coaches for game days and returned daily, midriiffs will be given out prior to picture day and returned after the final competition. Both items will require a (total of) \$50 equipment deposit, per athlete, that will be returned once all items are accounted for.

Other expenses throughout the season may/may not include a backpack, warm ups, practice wear, additional bows and/or shirts for special performances/events.

Coaches and team managers will access fundraising needs per team based on season goals and relay this information to their families. Cheerleading is an expensive sport, but we will make every attempt to keep the cost affordable to all families but in order to do so 100% team participation is needed.

### SAFETY

BLOOD: Coaches, managers and/or athletes are never to touch blood. Coaches have gloves and bandages to handle simple wound care.

SPECIAL HEALTH NEEDS: Please inform the head coach regarding any special health needs/allergies that your child may have. Remember to send critical items i.e., inhalers for asthma, EPI-pen or other

necessities to practice and games. Coaches are not allowed to administer EPI pens unless they are CPR/ First Aid certified.

### CONDUCT

ALL athletes are required to be on time, attentive, courteous, and respectful of all parents, athletes and volunteers. Athletes must refrain from gossiping or bad-mouthing volunteers and/or teammates. Such actions will result in immediate termination from the organization without refund. Any issues between teammates must be brought to the head coach, and/or Cheer Director's attention and will be resolved in a timely manner.

### UNIFORMS AND PRACTICE WEAR

Uniforms will be issued prior to the first official game of the season but not prior to completion of the registration fee in full. Uniforms and cheer shoes are only to be worn on game days and special events. Coaches will determine game day hairstyles. No jewelry or nail polish and nails must be shorter than the fingertips. Incomplete uniform will result in an athlete sitting out. It is the responsibility of the parents to keep uniforms clean, washed and free of damage, failure to do so could also result in athlete(s) sitting out. Socks must be white no show socks.

Practice attire: gym shorts (appropriate length) or leggings without pockets, t-shirts with appropriate sayings (once practice wear is distributed, practice wear will be required, no halter tops, half shirts, crop tops, or spaghetti strap tank tops), socks and athletic shoes (Vans, Converse, and slip on shoes are not considered athletic shoes). A large beach towel or yoga mat for floor exercises and a water bottle. On colder days sweatshirts without a hood and/or pockets are acceptable. Mosquito repellent (supplied by parents) is highly suggested and needs to be done before practice begins. Hair must be pulled back out of the face, no plastic or metal accessories. No nail polish, temporary tattoos, or writing on arms or legs.

### DISCIPLINARY ACTION

SGF will make reasonable attempts to avoid situations from getting out of hand and leading to an extreme action, but behaviors will be policed. Preventative measures such as team discussions, positive encouragement and parent meetings are a couple of examples of ways to prevent negative trends from developing and further disciplinary actions to be taken. Warnings in the written and/or verbal form will be given for violations to the organization rules and/or team rules. 3 (three) warnings will result in an athlete being removed from the team at the discretion of the Cheer Director and Head Coach.

An athlete may be suspended from games or events for the following reasons (not limited to):

- Attendance issues
- Bad grades
- Failure to abide by rules and regulations
- Disruptive and/or disrespectful behavior

An athlete may be dismissed from the team for the following reasons (not limited to):

- Bullying (will never be tolerated within the team and/or by parents)
- Irreconcilable differences within a squad
- Threats
- Theft
- Repeated behavioral issues

### SOCIAL MEDIA

All members of SGF are prohibited from using any social media site as a means to insult the organization, other teams, volunteers, or anything related to the AYC. SGF social media will not be used to complain about any issues you may have with the organization. These issues need to be directed to the Cheer Director, Head Coaches and/or other board members.

### PARENT CONDUCT

Parents and/or guardians are expected to be respectful to all volunteers, parents, and athletes of SGF and opposing organizations. Bad mouthing others (stated above) will not be tolerated and can result in dismissal from the organization. Our teams and parents are not in competition with each other and parents should

foster an organization first behavior/attitude. Team chats shall maintain a professional environment and not be utilized to gossip or incite issues. Parents displaying behaviors above may be muted and/or removed from team chats. All issues shall be handled in one on one conversations outside of your team chat.

Parents and/or guardians are responsible for getting their athlete to and from practices, games, competitions, and all SGF events on time and in the appropriate attire. Parents and/or guardians must remain at practice and/or games in the case of emergency, if for any reason you must leave your child unattended an adult must be appointed as a point of contact and a coach must be notified. If you need to make carpool arrangements with other parents, please do so at your own accord. It is not the coach's responsibility to take their athletes to and from events. However, should a coach decide to make such arrangements with a parent or guardian, the Cheer Director should be notified. SGF will not be held liable for any wrongdoing as this is not a mandated means of travel by the organization.

Parents and/or guardians will be asked to participate in fundraising activities, must complete 10 hours of volunteer time or pay a \$100 opt out fee to the organization.

Parents and/or guardians are expected to communicate with the Cheer Director and coaches about any issues taking place within the organization.

Parents and/or guardians must conduct themselves in an acceptable manner and be respectful. Incidents where adult issues are taking place in front of the SGF athletes will not be tolerated. This will result in immediate termination of your child participating with the organization.

Parents and/or guardians must sit on the sidelines/bleachers. Parents are not certified coaches or volunteers through the organization will not be allowed on practice or game fields. The only time a parent has permission to be on the field is in the case of an emergency that directly involves their child. The SGF organization asks that parents and/or guardians supervise siblings brought to practices. Due to safety concerns for both the participants and the siblings, it is crucial that siblings do not enter the SGF events, practice, or game areas.

Parents and/or guardians must trust your child's safety and best interest is of our utmost concern. Coaches will assess skill levels and place athletes in the appropriate areas/positions. These decisions are not up to the parent, as our coaches receive the appropriate training to make these decisions. If there are concerns, please bring it to the coach's attention but understand that parents do not make official decisions for the team. If a parent or guardian decides a position/area is not for their child we will not require the coaches to redo routines, groups, formations etc. as this will take away from the development of the entire team.

Failure to follow the above parent conduct(not limited to) could result in a parent being removed from practice, games, events, etc and/or removed from the organization.