

Deubrook Competitive Cheer Commitments and Expectations

Our Commitment

Deubrook Cheer is committed to deliver a safe learning environment, while maintaining a fun, recreational feel to our competitive cheer team. Our athletes will work under the direction of knowledgeable, caring coaches who can assist each cheerleader in succeeding to the best of their ability.

Deubrook Cheer is Committed to:

- Develop strong, happy, balanced athletes in a positive environment.
- Teach the value of teamwork and goal setting.
- Promote a positive self-confidence and esteem.
- Help our athletes achieve their personal best physically and mentally.
- Teach our athletes to be intentional, disciplined, committed, responsible, respectful, unique individuals.
- Teach our athletes to demonstrate good sportsmanship, and how to handle adversity.
- Offer a program that is safe, challenging and rewarding for both the athletes and their families.
- Maintain a coaching staff with a high level of maturity, integrity, and experience in cheer.
- Maintain support volunteers dedicated to the teachings of the team.
- Supporting the team and individuals.

Participant Expectations

As a Deubrook Cheerleader, I agree to the following rules and procedures:

1. I agree to respect my teammates, coaches and other supervising adults and do my best to listen and learn.
2. I will encourage respect and good sportsmanship from fellow team mates, coaches, program volunteers and parents by demonstrating good sportsmanship.
3. I will maintain open and positive communication as needed with fellow teammates, Deubrook Cheer coaches and volunteers. I understand there is no tolerance of inappropriate conduct, unsportsmanlike activity and/or negative representation, either in person, in writing or via modern technology (i.e. cell phones, social networking sites, email etc.) likely to bring the Deubrook Cheer reputation into disrepute (such as use of offensive language, unsportsmanlike commentary, inappropriate pictures, use of alcohol or drugs, etc.).
4. I will wear the appropriate practice uniform (i.e. cotton shorts, practice tee shirts, cheer shoes, and hair pulled back).
 - NO jewelry of any type anywhere on the body
 - NO long fingernails
 - NO gum
5. Warming up for practice is mandatory; I must participate in order to cheer.
6. I will not wear my uniform unless told to do so. I will not chew gum or eat messy foods in my uniform. During events or competitions, I will wear my warm-ups over the uniform while eating.
7. I will not stunt without my coach present for spotting. I understand Deubrook Cheer volunteers are not permitted to spot me while tumbling.
8. I will attend all practices, events and competitions unless otherwise approved in advance by my head coach. I understand competitions are mandatory.
9. I understand that practice schedules may change and/or be added as needed; however, all practices and events are mandatory unless approved in advance by my coach.

10. I will not use my cell phone during cheer related activities (i.e. practice, events, competitions) unless permitted by my coach.
11. I will encourage my parents to be supportive and involved with my team in some capacity because it is important to me.

Parent Expectations

As a Deubrook Competitive Cheer Parent/Guardian, I agree to the following rules and procedures:

1. I will maintain open and positive communication as needed with Deubrook cheer coaches and volunteers.
2. I will encourage good sportsmanship by demonstrating positive support & respect for all (including opposing teams) players, coaches/volunteers and officials at events, practices, competitions and throughout the cheer season.
3. I understand there is no tolerance of inappropriate conduct, unsportsmanlike activity and/or negative representation, either in person, in writing or via modern technology (i.e. Cell phones, social networking sites, email etc.) Likely to bring the Deubrook Cheer reputation into disrepute, (such as use of offensive language, unsportsmanlike commentary, inappropriate pictures, use of alcohol or drugs, etc.).
4. I understand that I am financially responsible for all cheerleading fees and ordered apparel and agree to pay for such within the time allotted. I will be charged \$35.00 for each returned check, and in the event that a check is returned, I will then be required to pay all remaining payments in cash.
5. I agree to contact my child's cheer coach a minimum of 2 hours in advance if he/she is unexpectedly unable to attend practice or an event.
6. I accept full responsibility for providing accurate & timely transportation arrangements for my child, up to and including notifying the coach in writing of any alternate arrangements that I make. I understand my child's disciplinary record will be affected if she is late or absent.
7. I understand that the Deubrook Cheer schedule may change; however, all practices, events, and competitions are mandatory unless approved in advance by the coach.
8. I will demand an environment for my child that is free from profanity, drugs, tobacco and alcohol and will refrain from their use and/or influence at all Deubrook Cheer events.
9. I understand I am not permitted to use personal contact information to solicit program participants or volunteers. Participant information is to be kept confidential and only used for the communication of information that pertains to this program.
10. I understand my child's coach may restrict her participation based on any violation of the above agreement.

Please feel free to contact us with any questions/concerns. We look forward to getting to know each of your girls in the next few months!

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Competition Dates:

Sept. 21	Sioux Valley Invite	Volga	6:00 pm
Sept. 30	Sioux Falls Roosevelt Invite	Sioux Falls (Pentagon)	11:00 am
Oct. 16	Lake Preston Invite	Lake Preston	6:00 pm
Oct. 20-21	State Competition	Rapid City	TBD