High School Poms
Contract

SUCCESS
“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” –John Wooden

• Our team goal is to perform at the best of our ability and represent our team and our school with pride.

Parent Initials:_____
Athlete Initials:_____

TEAMWORK AND TRUST
“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” -Andrew Carnegie

• Coaching staff is responsible for making decisions; and team members and team parents should trust these decisions because they are in the best interest of the team
  o Coaching staff will set all formations and determine dance eligibility.
  o Team selection for all levels will be made solely by the _______ coaching staff.
  o Alternates for competition season will be chosen solely by the _______ coaching staff. Alternates may switch from competition to competition.
  o Decisions made about choreography will be determined solely by the coaching staff.

Parent Initials:_____
Athlete Initials:_____

RESPECT
“It’s what you learn after you know it all that counts” –John Wooden

• During practices all squad members will respect and cooperate with coaches and captains.

Parent Initials:_____
Athlete Initials:_____

• Talking will not be tolerated while coaches or captains are addressing the squad.
• All members will respect each other as teammates, despite personal differences and conflicts

Parent Initials: _____
Athlete Initials: _____

• Athletes will NOT use cell phones during events unless permission is given in advance.

Parent Initials: _____
Athlete Initials: _____

CHARACTER
“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

• Athletes are representatives of the school and are very visible leaders, who must demonstrate good citizenship and good sportsmanship at all times.

Parent Initials: _____
Athlete Initials: _____

• Members will follow all school and district rules and policies at all times.
Parent Initials: ______
Athlete Initials: ______

SPORTSMANSHIP
“Success is never final, failure is never fatal. It’s courage that counts.” -John Wooden

• Teams will graciously accept all awards and placement at competitions.

Parent Initials: _____
Athlete Initials: _____

• Athlete will positively support teammates, ________________ High School teams, and opposing teams at all times.

Parent Initials: ______
Athlete Initials: ______
SAFETY

• Athletes will learn and follow all CHSAA and National Federation rules.

Parent Initials:______
Athlete Initials:______

• Athletes will not be allowed to practice or perform without proper shoes.

Parent Initials:______
Athlete Initials:______

• Jewelry is not to be worn during practice or events.

Parent Initials:______
Athlete Initials:______

• No chewing gum.

Parent Initials:______
Athlete Initials:______

UNITY

“When a team outgrows individual performance and learns team confidence, excellence becomes a reality.” - Joe Paterno

• Athletes will arrive to events dressed and ready to go. They will not groom themselves in public at events (fix hair, apply make-up, etc.)

Parent Initials:______
Athlete Initials:______

• Athletes will not loan out any ______ pom attire.

Parent Initials:______
Athlete Initials:______

• Make decisions and demonstrate actions that are good for the team (limit public display of affection, keep web postings appropriate, appropriate dress at all times).
• All athletes will be expected to be neat, clean, and well groomed when they arrive to an event or practice.

• Poms is a year long commitment to your treatments, therefore all decisions throughout the year should be made with that in mind.

• Athletes will wear uniforms to school on designated days and to assigned events.

• Uniforms, when worn, are to be worn in their entirety, including bow, socks, shoes, briefs, etc.

• During events, all members of the squad should wear their hair alike.

**COMMUNITY AND TIME MANAGEMENT**

• All squad members will be on time and present at all designated practices and events. “On time” means being ready 5 minutes prior to designated time, wearing proper attire, having all necessary equipment, and being both mentally and physically prepared to participate in practice and/or events at the assigned time.
Absences must be excused prior to the practice or event unless in an emergency. To excuse an absence, a parent must contact the coach by email. Notes will not be accepted.

The following reasons will be considered valid excuses for absences:

a. serious illness
b. family emergency
c. academic help (schedule around practices if possible)
d. family events/vacations (try not to schedule these when you are needed for practice or events and give as much advance notice as possible.)

e. other sports or activities (exceptions made for athletes finishing spring sports)
f. procrastination on school assignments

Absences during the week (7 calendar days) prior to a competition or performance may be pulled from competition, performance and/or game. Missing a practice means non-attendance and/or non-participation in a practice. Coach discretion will be used.
Athletes must be present in their classes for at least one half of the school day in order to participate in practices and/or events.
  - Calling in an absence to the school’s attendance office does not constitute informing the spirit coach. Parents must also contact the coach to excuse an absence prior to a practice or event.
  - If the athlete is able to attend practice and/or event, she will be expected to attend even though she will not be allowed to participate.

Parent Initials:_______
Athlete Initials:______

Leaving practice or an event early will be treated as an unexcused absence. Occasionally, leaving early may be excused by a coach. To obtain approval, a parent of the athlete must contact the coach by email prior to the event. Notes will not be accepted.

Parent Initials:_______
Athlete Initials:______

RESPONSIBILITY

- Athletes are responsible for checking email frequently for information.

Parent Initials:_______
Athlete Initials:______

- Athletes are responsible for advocating for themselves. If there is a concern, question or opinion that needs to be voiced, the athlete is responsible for meeting with the coach outside of practice to discuss.

Parent Initials:_______
Athlete Initials:______

- Athletes are responsible for using a calendar or day planner to schedule activities to ensure that they are able to attend all events.

Parent Initials:_______
Athlete Initials:______
• Athletes are responsible for learning all choreography and executing to the best of their ability (Knowing it may mean extra practice and help outside of scheduled practices)

Parent initial:_____  
Athlete initial:_____

**IMPORTANCE OF EDUCATION**  
“We are students before we are athletes.”

• To participate in practices and events, athletes must be academically eligible.
  1. Grades will be checked every week.
  2. Athletes are responsible for her own grades.
  3. To audition/tryouts for spirit teams, the student must meet the normal grade requirements stated below for that week of auditions/tryouts.
  4. One F or two D’s at any weekly check will render the athlete ineligible for all Spirit events for one week, even if she raises the grade before the week is up.

Parent Initials:_______  
Athlete Initials:______

• Athletes must also have current school physical and a complete athletic parent permission form on file in the office to be considered eligible.

Parent Initials:_______  
Athlete Initials:______

**HARD WORK AND DEDICATION**  
“Nothing will work unless you do.” –John Wooden

• Athletes are committed to performing to the best of their ability throughout the year.

Parent Initials:_______  
Athlete Initials:______

• Athletes are expected to work just as hard while they are on the team, as they did to earn their spot on the team.

Parent Initials:_______
Athlete Initials:______

• Skills are expected to increase throughout the season.

Parent Initials:______
Athlete Initials:______

• Hard work and team bonding is expected of team members to participate in outside of practice as well.

Parent initial:______
Athlete initial:______

CONSEQUENCES

• “Strikes” may be given by any coach to any athlete at any time if determined necessary by a member of the coaching staff.

Parent Initials:______
Athlete Initials:______

• Warnings may or may not be issued prior to giving demerits.

Parent Initials:______
Athlete Initials:______

• Coaches may administer demerits for other offenses when needed, and will have a conference with the athlete(s) involved

Parent Initials:______
Athlete Initials:______

• Coaches may determine that conditioning (running, sprints, etc.) can replace a demerit

Parent Initials:______
Athlete Initials:______

• Coaches and administrators reserve the right to, at any time, dismiss an athlete from the squad if deemed necessary.

Parent Initials:______
Athlete Initials:______
Athletes will be notified each time they receive strike and the coach will keep track of each offense.

- **First Strike:** The athlete will be benched from the next event.
- **Second Strike:** The athlete will be benched for the next two events.
- **Third Strike, You’re Out!** The athlete will immediately be removed from the squad for the remainder of the season.

Parent Initials:_____
Athlete Initials:_____

Parent Signature ___________________________ Date_____________

Athlete Signature____________________________ Date_____________