



Chicago Blitz Cheerleading
Code of Conduct Handbook

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2022-2023 Coaching Staff

Tiffany Harston.....Board Member/Cheer Director

Dequita Means.....Board Member/Head Cheer

Akilah Easter.....Board Member/Cheer

Daysha Frye.....Dance Coordinator

Shonda Nash.....Tumbling/Stunt

Chicago Blitz Cheer Mission Statement

The mission of our Cheer Program is to teach our student athletes the benefits of competition and understand its redemptive value. While Chicago Blitz athletes will be taught to win, we must have a higher purpose in competing: by using our gifts, having self discipline, developing a good character and displaying good sportsmanship and teamwork

Cheerleader Handbook Purpose

The purpose of the Chicago Blitz Cheer handbook is to familiarize our community, cheerleaders and parents with the direction of our cheer program. The guidelines within the handbook are important and will be followed. Responsibilities and rules of conduct for cheerleaders and parents are defined within. This code is established by the cheer coaches and Board members. Each student presenting herself as a candidate to cheer as well as her parents must agree to abide by this code.

Role of Cheerleaders

Cheerleading is a team sport! Each and every cheerleader is important to their team. Being a part of a team is a privilege for each student. An important purpose of Chicago Blitz cheerleaders is to promote and uphold team spirit, unity and pride, to represent the Chicago Blitz to the highest degree.

Attitude is everything. Cheerleaders should have the attitude that the team is bigger than themselves. Cheerleaders should exhibit 100% commitment and effort. Sportsmanship is expected both on and off the court. Chicago Blitz Cheerleaders represent not only themselves but the entire organization.

Therefore, cheerleaders agree to uphold the following:

- I will conduct myself in a manner that exudes excellence in regards to my coaches, teammates, and others. This includes my speech, actions, and attitude. This includes games and practices, as well as in your community and while online.
- I will be a positive role model and encourage sportsmanship by showing respect and courtesy, by demonstrating positive support for my teammates, coaches, officials, players and spectators at every game, practice, or other sporting events.
- If an issue arises, I will follow the proper chain of command in contacting my coach. I will never question or confront coaches on the game court, but rather take time to speak with coaches at an agreed upon time and place.
- I will pay attention at practice and listen to coaches, always follow directions and strive hard to learn the cheers. Practice is not a social time, but a time to give 100% to the team and coaches in an effort for us to become our best self.
- I will arrive on time to games in complete uniform, ready to warm up and remain in uniform until exiting the field or gymnasium.
- Unless otherwise instructed by coaches, I will arrive 30 minutes before the game.

- Practice is mandatory. If I miss practice, it is my responsibility to get any new material presented, I realize my absence may cause me to have to sit out the next game.

- I will not use a cell phone during practice or during games without receiving permission from the coaches.
- I will not chew gum, eat candy, chips or sugary drinks during practice or during games, unless provided by the coach at the designated time
- I will support and endorse all the rules, policies and procedures discussed in the rest of this handbook.
- I will arrive to practice in gym shoes, athletic wear, a towel or mat to ensure you are comfortable and safe while practicing.

Role of Cheer Parents

A very important goal of for the Chicago Blitz Cheer Organization is to make the athletic experience a positive one for the athletes, the coaches, the parents and those who choose to watch our teams perform.

Parents play a key role in this process, not only by their behavior at sporting events, but also in how they support these beliefs at home. Parents and other spectators at athletic events are expected to:

- Show good sportsmanship. We should strive to exhibit good behavior, keeping in mind the influence we have not only on our youth, but also on other spectators
- Parents, as role models, should lead by example in order to teach our young ladies how to carry themselves

Parents and family members agree to uphold the following:

- As a parent/guardian, I recognize that it is vital that I support the efforts and decisions of the coaching staff, if I disagree I will schedule time to meet with the coaching staff to ensure we are working collaboratively.
- As a parent/guardian, I agree to conduct myself in a manner consistent with the dictates of good sportsmanship at all games/practices by showing respect and courtesy to all cheerleaders and coaches. I will refrain from criticizing the efforts of the cheerleaders and the coaches.
- Attendance at practice is a priority for all team members. As a parent/guardian of a team member I will make every attempt to assure my child will be able to attend all practices and contests. I understand my cheerleader may sit the bench during games for missing practices.
- I recognize that possession of drugs, alcohol, tobacco and/or any type of electronic nicotine delivery system or weapons is prohibited at all Chicago Blitz functions
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others. If any physical ailment prevents my child from practices or games, I will provide a doctor's signed letter of release allowing the athlete to return to cheer.
- I will support and endorse all the rules, policies and procedures discussed in the rest of this handbook.

Prerequisites and Participations

- Be coachable
- Submit signed Statement of Commitment agreeing to contents of Student Handbook
- Submit student online registration/payment/required forms, as outlined in the Chicago Blitz Football and Cheer Registration policies.
- Sport Physical for current season and prior to cheering in games.

Risk Factor in Sports

There is an inherent risk involved when participating in sports. Please be aware of this risk and ways to help prevent injury. It is extremely important to report any injury to your coach immediately and to your doctor as soon as possible.

Chain of Command

In the event there is a question concerning your child, NEVER confront coaches at a game or at practice. Rather, contact the coaches by texting or email in order to set up a predetermined time to meet. Please follow the chain of command in order to solve any issue.

The chain of command is as follows:

1. Cheerleader to Coaches
2. Cheerleader/Parent to Coaches
3. Cheerleader/Parent to Board Member

Fees

There will be additional fees for competitions, camps and travel. However, we will do our best to fundraise to help with the cost.

Practices/Games Commitment

Cheer practices and games will be posted in the groupme calendar. PLEASE be aware all practice dates/times as well as game dates/times are SUBJECT TO CHANGE. Cheerleaders are committing to the cheer season running from around August/Oct to the end of March. (ALL-Star Team)

Disciplinary Policies

Violation of any of the rules and regulations found within this document can jeopardize the privilege of any athlete to participate in any activity, rather game, practice or competition. Punishment is at the discretion of the coaching staff and Board Members.

Leaving a Team

Individuals leaving a squad without the coach's permission or because of Code of Conduct Rule violation forfeit all awards, banquets and fees paid. Such individuals may be prohibited from participating during the next season.

Cheer Appearance

PLEASE NOTE, For safety purposes--NO EXCEPTIONS:

No jewelry of any kind at games or practices.

This includes but is not limited to: earrings, bracelets, necklaces, rings, watches or body jewelry. Fingernails must be sport length: no long or fake/acrylic nails

Uniforms

Required:

- Briefs
- Skirt
- Shell top
- Cheer shoes/socks
- Game bow

Practices-- Arrive at practice dressed in appropriate practice wear with hair up in a ponytail, bun or braid.

Games-- Arrive at games dressed in full uniform which includes:

- Shell top
- Briefs
- Skirt (unless otherwise instructed by coach)
- Appropriate socks (MUST be white no show socks unless otherwise instructed by coach)
- Hair in a PONYTAIL with game bow in hair (unless otherwise instructed by coach)
- Make up, if worn, must be applied before arriving.
- Nail polish, if worn, must be red, white, black, silver, or French manicure

Cheer Shoes-- Cheer shoes are only to be worn inside during practice or games. ALWAYS wear different shoes to and from practice and games.

Cheer Attendance Policy

- Cheer practice will be held two times a week with additional tumbling instructions beginning the last week of July.
- Cheer camps and clinics will be held in June and July, this is a great time to get involved and begin the learning journey.
- Attendance is crucial. During practice and camp, we will spend a lot of time learning the new cheers and preparing the team to be competitive, in preparing for competitions. One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent.
- All HOME games are mandatory.

Qualifications for Cheer Captain

- Has leadership skills, has shown interest and has shown responsibility by being on time at practice, learning and knowing the cheers. (1 captain per squad)
- If multiple qualified girls wish to Captain, tryouts will be held. Selection to be made by the coaching staff.

Role of Cheer Captain

- Lead warm up in practice and before games.
- Communicate with squad members.
- Help coordinate calling on Cheers at games.
- Learn and teach new cheers at practices.
- Act as the squad's ambassador by greeting and making visiting squads feel welcome.
- Be a peacemaker among the squad.
- Be a good role model and set an example for the squad.
- Help coaches organize fundraisers and recruit participation.
- Be dependable, punctual and mature.
- Communicate with the coach and follow her lead.

Chicago Blitz Cheerleader Creed

We expect cheerleader to remember and know this creed. We will recite it at every practice and games before we get started.

I will show up on up on time and be ready to cheer

I will listen carefully to my coaches

I will be a positive example to others

I will be respectful to myself and others

I will not be negative or have a negative attitude toward others

I will make the right the decisions in every situation

I will take care of my body

I am beautiful inside and out

I am intelligent

I am strong

I am confident

I am disciplined

I can do anything I put my mind to

I am a Chicago Blitz Cheerleader



Chicago Blitz Parent/Cheerleader Code of Conduct Agreement Consent Form

I have read the Chicago Blitz Cheer Code of Conduct and understand the policies defined. I understand that my daughter, _____, must abide by the rules and regulations set forth by the coach and Board of Chicago Blitz. I understand that the violation of any of these rules may affect her participating in cheerleading or lead to temporary or permanent suspension from the team. By signing below, I waiver all rights to the Chicago Blitz Board Members to guide myself and our child, in the sports participated in, to the best of their ability.

I further understand the financial obligations and will be prompt with any requirements for payments. I understand that my daughter must attend all practices and games or she will face the consequences set forth by the Code of Conduct. I agree to see that my daughter follows the Code of Conduct to the best of her ability.

Parent/Guardian signature Relationship to Cheerleader Date

Parent/Guardian signature Relationship to Cheerleader Date



Cheer Team Member Agreement

I have read the Chicago Blitz Cheer Code of Conduct and understand the policies defined. I agree to abide by the rules and understand that I may be placed on probation or permanently removed from the squad for failure to follow the Code of Conduct. I realize that athletic involvement is a privilege and not a right, and that involvement carries responsibilities. I understand the time commitment and I am willing to attend all required activities. I promise to cooperate and follow the instructions of the coach.

Cheer Team Member

Date