



**Parent/Participant  
Information Handbook**





## **PAFA SPIRIT**

Welcome to PAFA Spirit! With the exception of our coaches, PAFA Spirit is a volunteer based program whose success relies on the commitment of its many dedicated volunteers. PAFA is always looking for those who would be willing to lend a hand. If interested, please go to [www.pafaspirit.com](http://www.pafaspirit.com) and contact our Cheer Director.

## **ABOUT US**

PAFA Spirit has provided a successful sports program for over 30 years. We have cheerleaders in grades 3 – 8 and when offered, poms and flag members in grades 6-8. We are a feeder for our local high schools as many of our participants try out and make their high school teams. The PAFA Spirit mission is two-fold. First, we are an independent program that supports the Palatine Panthers Amateur Football Association football teams (PAFA) by cheering or performing at their games. Second, we offer a competitive season for our athletes. Depending on grade level, our athletes are provided the opportunity to compete in 1-5 competitions during our season. By offering both a football cheering or performing experience as well as a competitive experience, our program is able to develop cheerleading, poms and flag skills in our athletes in preparation for junior high and high school cheer, poms, and flags.

## **REGISTRATION**

Registration begins in April. Those interested may register in person at any Palatine Park District facility; online through the Palatine Park District web site ([www.palatineparks.org](http://www.palatineparks.org)); or at PAFA Spirits Open Registration & Sizing Days in May.

Visit our website ([www.pafaspirit.com](http://www.pafaspirit.com)) or contact the Palatine Park District for dates and times.

Registration closes in May. Please check the catalog or our website for the exact date. Late registration will not be accepted.

## **PAFA SPIRIT WEBSITE**

The PAFA Spirit website ([www.pafaspirit.com](http://www.pafaspirit.com)) provides important dates, maps, schedules, events, and other pertinent information. In addition to email, the website serves as our primary method of communication and is updated regularly.



Parents and participants should visit the website frequently to obtain important information and keep abreast of upcoming schedules and events.



PAFA can also be found on Facebook; search *PAFA Spirit*.

## WHO ARE THOSE PEOPLE?

### COACH COORDINATOR

The Coach Coordinator supervises, supports, and trains squad coaches to ensure that practices and games are consistently run safely and effectively. The Coach Coordinator is responsible for designing and managing PAFA's comprehensive skill-based sports program, determining grade level goals, encouraging team building opportunities, and setting high level safety parameters. The Coach Coordinator is a paid employee of the Palatine Park District.

### SQUAD COACHES

Squad coaches organize and run practices and games under the leadership of the Coach Coordinator and the guidance of their team mom. Coaches are experienced in high school cheerleading/poms and are paid employees of the Palatine Park District.



Coaches are responsible for effectively teaching basic and advanced skills of cheer and poms routines. Coaches reinforce team spirit, high-level techniques, and safety procedures.

Parent questions or concerns should be directed to the Coach Coordinator, team moms, or the PAFA Cheer Director, and **not** to the squad coaches.

### TEAM MOMS/MANAGERS

Team Moms/Managers are adult volunteers who have a child enrolled in the program. For safety reasons, background checks are required. Team Moms/Managers attend practices and games, support squad coaches as needed, and provide communication to parents and participants regarding PAFA policies, game schedules, and other PAFA activities.

## **PROGRAM DESCRIPTION (SUBJECT TO CHANGE)**

### **CHEER – GRADE 3:**

- Optional participation in Palatine Parades.
- 5 day attendance at pre-season clinic in Late July/Early August
- 3-4 day attendance at choreography/stunting clinics early August
- 2 weekly practices of 1 hour and 15 min to 1.50 hours each
- Sunday afternoon practices during competition season
- 1 weekend home game from late August through mid November
- 1 possible competition in November with a possible late Oct. competition
- Optional End of the Season Banquet
- Optional State Competition if squad qualifies

### **CHEER – GRADE 4 & 5:**

- Optional participation in Palatine Parades.
- 4-5 day attendance at pre-season clinic and choreo week in Late July/Early August
- 2 weekly practices of 1.5 hours each
- Sunday afternoon practices during competition season
- 1 weekend home game from late August through mid November,
- 2 or more competitions in October and/or November,
- Optional End of the Season Banquet.
- Optional State Competition if squad qualifies

### **CHEER – GRADE 6:**

- Optional participation in Palatine Parades.
- 4-5 day attendance at pre-season clinic and choreo week in Late July/Early August
- 2 weekly practices of 1.5 hours each
- Sunday afternoon practices during competition practices
- 1 weekend home game from late August through mid-November,
- 3 or more competitions in October and/or November,
- Optional End of the Season Banquet.
- Optional State Competition if squad qualifies

### **CHEER GRADES 7 & 8:**

- Optional participation in Palatine Parades.
- 4-5 day attendance at pre-season clinic and choreo week in Late July/Early August
- 2 weekly practices of 2 hours each
- Sunday afternoon practices
- 1 weekend home game from late August through mid November,
- 4 or more competitions in October and/or November,
- Optional End of the Season Banquet.

- Optional State Competition if squad qualifies



## ALL TEAMS WILL HAVE ADDITIONAL COMPETITION PRACTICES

### POMS & FLAG CORPS – GRADES 6-8:

- Optional participation in Palatine Parades.
- 5 day attendance at Choreography clinic in August
- 2 weekly practices of 1.5 hours each,
- Performances at home games from late August through mid-November,
- 4 or more Poms competitions in October and/or November
- Possible Flag exhibition in January
- Optional End of the Season Banquet
- Optional State Competition if squad qualifies

### TUMBLING

Tumbling is an important part of Cheerleading. PAFA does not include tumbling classes as part of the cheer program; however tumbling is incorporated into routines for those girls with tumbling experience. Our coaches are not certified gymnastics/tumbling coaches and thus, to ensure safety, they do not spot or instruct on tumbling techniques.

There are a number of fantastic cheer tumbling programs throughout the Palatine area. We distribute tumbling information throughout the season and it is also available on our website. **We encourage our participants to enroll in separate tumbling classes and clinics if they wish to continue in High School Cheerleading at a varsity/competition level.**

### DANCE

Dance is an important part of Poms. PAFA does not include dance classes as a part of the poms program. There are a number of fantastic dance programs throughout the Palatine area. **We encourage our participants to enroll in separate dance classes and clinics if they wish to continue in High School Poms at a varsity/competition level.**



## SQUAD ASSIGNMENTS

Squad assignments are based on grade level, the school a participant attends, home address, and the number of registrants. Squad size is kept small enough to facilitate learning, yet large enough to allow for various stunting combinations. Some squads may be divided during football season to offer full game coverage. Squad assignments are e-mailed in June or July.

## SQUAD GOALS

PAFA strives to provide a safe, fun, and skill-based sports program for all participants. Team work, team spirit, and cooperation are reinforced as participants work with fellow team members, coaches, and their team moms to master the fundamentals of cheerleading or poms.

Cheerleaders will:

- Participate in team building exercises
- Learn safety rules for practice and games
- Learn sportsmanship and team commitment
- Learn specific cheer skills including jumps, cheers, motions, dances and stunts
- Learn basic football terminology and game rules
- Learn competition routine and halftime routines
- Cheer at football games
- Compete in local competitions (5<sup>th</sup>-8<sup>th</sup>)

Poms Corps members will:

- Participate in team building exercises
- Learn safety rules for practice and games
- Learn sportsmanship and team commitment
- Learn specific skills including handling poms, jumps, kicks, and dance routines
- Learn competition routine and halftime routines
- Perform at football games
- Compete in local competitions

Flag Corps members will:

- Participate in team building exercises
- Learn safety rules for practice and games
- Learn sportsmanship and team commitment
- Learn specific skills including handling flags and dance routines
- Learn halftime routines
- Perform at football games
- Participate in Exhibitions if offered



## PROGRAM RULES AND GUIDELINES

Participation on the PAFA Spirit sports teams requires commitment! PAFA participants are expected to demonstrate a high level of commitment to the program through regular practice and game/competition attendance. **Those registered for another fall activity should confirm that it will NOT conflict with the PAFA Season.** Please note: If your athlete is a member of a competitive cheer or dance team outside of PAFA Spirit, she will be unable to compete on both teams.

PAFA Spirit athletes are expected to follow program rules and guidelines as listed below and throughout this Handbook:

### SAFETY

- **Safety is our #1 priority.**
- Safety rules, as presented by the coaches and team managers, should be followed at all practices, games, competitions, and PAFA events.
- Any squad or squad member failing to abide by the safety policies will not be allowed to participate.

### PRACTICE SESSIONS

Practice is the foundation of safe and successful cheerleading or poms/flag squads and requires each member's full participation, cooperation, commitment, and attendance. To minimize distractions, if a parent stays for practice, they are asked to stay on the bleachers at Ost field during outside practices and to stay outside the gym in the chairs provided during inside practices.

- Practice schedules are provided with squad assignments in June.
- Grades 3-4 are scheduled to practice twice per week for 1¼ to 1½ hours; Grades 5-6, Flags, and Poms practice twice per week for 1½ hours each session; and Grades 7-8 twice per week for 2 hours each session. In addition, Sunday afternoon practices will be scheduled.
- **Weekly practice sessions are MANDATORY and allow girls to prepare for games and competitions as a team.** Team managers should be notified of unavoidable absences due to illness.
- For safety reasons, cheer participants who are absent from practice will not be included in that week's halftime routine. Stunts and routines will be mastered during a practice session before being performed at a game. It





is unsafe to alter a half-time routine immediately prior to a game to accommodate a participant who was absent from the previous practice.

- Practices are **MANDATORY** the two weeks prior to any competition. If an athlete misses a practice during this time period they may forfeit their opportunity to compete with their team. There will be **no exceptions made to this rule and no refunds given** to any athlete that is unable to compete because of a missed practice.
- Supervision is required at all practices. Team managers and coaches will arrive 5-10 minutes prior to actual start times. Participants should **not** be left if a team mom or coach is not present.
- Cheer Participants must wear cheer shorts, PAFA provided or other fitted t-shirt and cheer shoes to each practice. Poms participants must wear cheer shorts or jazz pants and dance shoes to each practice. Loose fitting or long t-shirts and shorts are a safety hazard.
- Hair must always be secured in a pony tail. No fly-aways or bangs. For safety reasons **no** barrettes - please use flat push clips or bobby pins to secure fly-aways or bangs.
- For safety reasons, nails should be cut so that with your palm up facing you, nails are not visible.
- No jewelry or earrings should be worn to practice, games or competitions.
- No gum.
- Practice will not start until the coach and team manager are present.
- Participants **must** bring **only** water bottles to practice and games. Food and other beverages are not allowed.
- Parents **MUST** be on time to pick up participants after practice. It is unfair for coaches and team managers to wait for late parents.
- Cheer participants are required to use active spotting techniques and pay careful attention during the practice and performance of stunts.

Please note: Cheer squads will adhere to PAFA stunting guidelines based on skill and age level. Mats will always be used for stunting.

## GAME DAY



Every game is important and requires each member's participation and cooperation. Concentration and full participation is required.

- Cheer participants are expected to be at all games a minimum of 30 minutes prior to game time unless otherwise directed. Failure to arrive on time may cause the coaches to rework the halftime routine. If this occurs, the late participant will be unable to cheer at halftime. Poms participants should arrive at game time. Please allow extra time for parking.
- Supervision is required at all games. Team managers and Coaches will arrive 5-10 minutes prior to actual start times. Please do not drop your daughter off if a Team Manager or Coach is not present.
- Participants must stay at the game field under the supervision of their coaches and team managers.
- Parents must be on time to pick up their athletes.
- If your game is scheduled over mealtime, please have your athlete eat something before the game. **For safety reasons, there is no eating during a game.**
- Participants **must** bring water bottles to all games. (only water or non-staining liquids are allowed at games when the uniform is on)
- Participants must be dressed in complete uniform in order to participate. (See Uniforms and Mandatory Supplies Section of this Handbook).
- Hair must always be secured in a pony tail with the PAFA bow or scrunchie. No fly aways or bangs. For safety reasons **no** barrettes - please use flat push clips or bobby pins to secure fly-aways or bangs.
- For safety reasons, nails should be cut so that with your palm up facing you, no nails should be visible.
- No jewelry or earrings should be worn at games.
- No gum.
- Cheerleaders must stay in squad formation during the game.



## UNIFORMS & MANDATORY SUPPLIES

The uniform (skirt, shell) is the property of PAFA Spirit and is to be used at approved PAFA games, exhibitions, or competitions only. We do our best to properly fit each participant; however the uniforms are not a custom fit. Cheer poms or flags may be distributed at games but remain the property of PAFA.

Uniforms are distributed to participants in August and must be returned at the end of the season. Cheer Poms are kept in the possession of the Team Managers. Poms are the property of the Poms participant.

The PAFA Spirit uniform **must** be worn by every cheerleader at every game and competition. **NO EXCEPTIONS.**

### THE PAFA SPIRIT CHEER UNIFORM CONSISTS OF:

- PAFA Shell (provided)
- PAFA Skirt (provided)
- Black boyshorts (mandatory supply)
- White no-show socks (mandatory supply – may be purchased outside of PAFA)
- White cheer shoes (mandatory supply – may be purchased outside of PAFA)
- Hair tied back off face and shoulders with PAFA-issued bow (mandatory supply)

Poms/Flags uniform may vary. Information will be provided each season.

#### For cold weather:

- Long sleeve PAFA crop top (mandatory supply) worn 59 degrees or below
- PAFA warm-up or spirit jacket and leggings (mandatory supply)

PAFA uniform or warm ups must be visible at all times. On days 59 degrees or cooler, other warm clothing may be worn under the uniform and under the warm ups. If your child is not prepared with appropriate uniform, she will be excluded from the side line and/or half-time.

#### Additional supplies for cheer bag:

- Black gloves (mandatory supply – may be purchased outside of PAFA)
- Black PAFA or plain black headband. (mandatory supply – may be purchased outside of PAFA)
- Water bottle – water ONLY. Other drinks such as Gatorade or hot chocolate risk staining the uniform and in warmer weather attract bees.
- Clear rain poncho (optional)



Mandatory items are purchased in May, distributed in August, and are yours to keep. If any item is lost, you will need to purchase another to keep the uniform complete. Please let your Team Manager know if you are missing any items so you may be put in contact with the right PAFA board member.

## UNIFORM DEPOSIT CHECK

- Every participant is required to submit a \$125 post dated check as a uniform deposit.
- Uniforms should **not** be altered, tailored or dry cleaned, and tags are to remain intact.
- Should the uniform become damaged in your care, a fee will be imposed.

Your deposit check will be cashed at the end of the season to cover the expense and the balance will be returned to you.

- Provided the uniform is returned in good condition, unaltered and free of stains, your deposit check will be destroyed or returned to you at the end of the season upon request.

## UNIFORM CARE & CLEANING

- The uniform (skirt & shell) should be turned inside out and washed on the gentle cycle in **cold** water.
- Do **NOT** put in the dryer. Please either hang or lay flat to dry.
- Do **NOT** dry clean or iron as this will ruin the uniform.

Failure to properly wash and dry uniform will result in the forfeit of your Uniform Deposit.

Please note: While the uniform is on, athletes must drink only water or clear liquids and only eat if the uniform is covered.



## FOOTBALL GAMES

### GAME SCHEDULES

Game schedules are determined by the Bill George Youth Football League (BGYFL) and may take a few weeks into the season to finalize. PAFA Spirit schedules cannot be created until the official football schedule has been finalized by the league and by the PAFA football board. We make every effort to publish our schedule within 24 hours of receiving the football schedule. We ask for your patience and understanding as the schedule for the first two weeks of the season may not come out until a few days before game day.

Games may be played either Saturday **or** Sunday. The PAFA Poms squads and Flag Corps may be scheduled to perform once or twice on either Saturday or Sunday.

We attempt to provide every football team with cheerleaders, poms squads or flag corps at least once during the season. PAFA football typically fields 20 teams, while PAFA cheer is made up of 5-8 squads. Cheer squads are scheduled to align as closely as possible the squad age with the football team age.

### FOOTBALL FIELDS

Home games are played at Ost Field, Community East Field, and Community West Field which are located just north and south of the Palatine Park District Community Center. Maps and information to all home and away fields can be located on our website at [www.pafaspirit.com](http://www.pafaspirit.com).

### WEATHER ISSUES

A general rule of thumb: If football plays, we perform. This includes hot, cold, or rainy weather.

The mandatory warm-up suits are designed for wet and cold weather. Extreme weather such as torrential rain or unbearable cold may mean a delay, frequent breaks, or cancellation. Games are cancelled by members of the Football board. Your Team Mom will communicate these cancellations with the team.

Under special circumstances PAFA Spirit may cancel our attendance at games. Your Team Mom will communicate these cancellations with the team.

Every effort will be made to inform parents of cancellations 30 to 45 minutes before game arrival time. However, due to how games are scheduled, parents will not always know that games are cancelled or delayed until their athletes arrive at the fields.

PAFA Spirit will abide by Park District guidelines for inclement weather – including but not limited to seeking shelter during lightening. A lightening



detection system is at every Park District park. This strike guard detects and tracks lightning strikes within a 20 mile radius, including which direction a storm is moving and how fast. The siren and strobes will provide notice when a storm heading our way is within 5 to 10 miles. When lightening has been detected, a long 15 second siren will sound and a strobe will flash on the unit. After 20 minutes of no lightening, the strobe will sound three five second intermittent blasts and the strobe will go off. At this time, games may resume.

Please be sure your child brings a cheer/poms bag to EVERY GAME with supplies for inclement weather. Please review the uniform portion of this handbook for details.



## SEASON EVENTS

Event information is subject to change. Please visit our website [www.pafaspirit.com](http://www.pafaspirit.com) regularly for more details and information.

## SUMMER CHEER CAMP OR CLINICS

Optional summer camps or clinics are available through PAFA Spirit. These fun camps/clinics teach and reinforce cheerleading skills in preparation for the upcoming season. Information is distributed via email.

## PARADE

PAFA Spirit may participate in the Palatine St. Patrick's Day Parade and the Independence Day Parade (pending final approval from parade organizers and availability of volunteers). All registered participants are invited; however, per parade guidelines, registration is limited to 40 girls! Information will be distributed to participants via email or at our Spring Sizing Day, and those interested should sign up to be eligible.

## CLINIC WEEK

Clinic Week, held on Monday-Friday evening in late July/early August, is required of all participants. During this important week, participants will:

- Work with their coaches and fellow team members.
- Learn cheers, dances, motions, jumps, and stunts
- Practice routines to be used during their first games.
- Receive their uniforms, supplies and important season information.

Information on Clinic Week will be provided in June.

## CHOREOGRAPHY WEEK

Choreography Week will be held on Monday-Thursday evenings in early August. Choreography Week is **required** for all 5<sup>th</sup>-8<sup>th</sup> grade cheer participants. During this important week, participants will:

- Learn the entire competition routine
- Work on stunting and are assigned beginning positions



## **MANDATORY PARENT MEETINGS**

A mandatory parent meeting will be held to discuss program objectives, rules and behavior expectations. Returning parents are encouraged to attend as some changes may have occurred. An additional mandatory competition meeting will be held for **all** parents/participants eligible to compete.

## **PICTURES**

Squad and individual pictures will be taken, either during Clinic Week or during the month of August. Picture package information will be sent home by the Team Managers.

## **POOL PARTY WITH PAFA SPIRIT**

Whenever possible, PAFA Spirit plans a pool party to kick off our new season. Information will be provided during Clinic Week or earlier.

## **PINK OUT!**

In recognition of Breast Cancer Awareness Month (October) PAFA participants will participate in a "Pink Out" Game Day. On this day, the participants will wear their pink bow. Additional pink items may be provided by PAFA Spirit. With prior approval, squads may come up with their own items too. In the past, items have included: pink face stickers, pink socks, pink gloves or pink ribbons. Additional information will be provided during the season.

## **CHEER & POMS COMPETITION**

Cheerleading squads and Poms squads will have the opportunity to participate in **1-5** competitions (depending on grade level) in October and/or November. The cost for participation is included in your registration fee. An additional cost will be required to participate in the optional State Competition in December if your squad qualifies.

## **BANQUET/AWARDS**

A banquet recognizing athletes, coaches and volunteers is held at the end of the season. This is a fun, formal dress evening that will include dinner, music, dancing, and trophy presentations. Cost, dates, and times will be distributed to participants early in the season. In some instances, teams may hold their own end of year banquets.





## **EXPECTED BEHAVIOR OF ALL PARTICIPANTS**

PAFA Spirits goal is to provide a safe and constructive sports environment for participants without the threat of violence, inappropriate behavior or inappropriate language at all practices, games, competitions, and PAFA Spirit events.

PAFA Spirit has high expectation for our participants. Squad members are required to maintain and uphold the reputation of the PAFA organization through positive conduct and team spirit. Members are required to be courteous and polite. All cheers and chants should be positive and performed in a sportsmanlike manner.

PAFA Spirit expects our athletes to be courteous, truthful, honest, considerate, determined and respectful. Parents are encouraged to discuss the expected behaviors and Code of Conduct with the participants and their families.

All participants and their parents/families will be held accountable for:

- Respecting and supporting fellow PAFA participants during the season both on and off the field.
- Respecting the coaches and team moms.
- Respecting all PAFA football participants, opposing teams, and opposing cheerleading and poms participants.
- Demonstrating good sportsmanship and displaying positive behavior.

Unacceptable behavior by participants, parents, family members, volunteers, or coaches will result in disciplinary action including suspension or dismissal.

# PAFA CODE OF CONDUCT AND COMMITMENT FORM



In order to make our organization the very best it can be, all participants and parents must read, sign, and abide by the PAFA Spirit Code of Conduct and Commitment Form. Any violation of the Code of Conduct or rules found in the Parent Handbook by participants or family members can lead to suspension or dismissal from the program.

1. Each participant must provide a \$125.00 uniform deposit check.
2. Each participant must purchase and wear the mandatory PAFA clothing items for the season.
3. Each participant must attend clinic week scheduled in early August. One parent must attend the new parent meeting during clinic week.
4. Each competition participant must attend Choreography week scheduled in early August. One parent must attend the competition meeting.
5. Each participant and parent understands that all coaching decisions are made by the PAFA Spirit Coaching staff and should be supported.
6. Practices, Games and/or Competitions - Any participant suffering a head injury during a game, practice or outside of PAFA, may not return to practice/game(s) without a doctor's permission. This is a safety issue pertaining to concussions.
7. ATTENDANCE  
Each participant is required to attend all practices, games, and competitions as scheduled. Cheer and Poms are team sports with each participant having a specific place in routines. When one member is absent it can keep the whole team from achieving their goals, jeopardize the safety of all of those involved in stunt groups, and prevent some participants from practicing portions of a routine.  
  
Failure to attend practices, or consistently being late to practices, will limit one's ability to participate in stunts, half-time routines, new sideline cheers choreographed at that practice session, as well as the competition routine.  
  
Participants who miss practices will not be allowed to participate in the half-time performance and risk being replaced in the competition routine. In the event that a participant is unable to attend a practice (due to a contagious illness or other type of emergency), a team manager must be notified.
8. Practices, Games and/or Competitions - Unexcused absences from two or more practices or games may result in dismissal from the program. A "no-show" or "no-call" is considered an unexcused absence. This is a team sport and all members are important



9. Practices - Parents must remain outside the practice area during all practices. Parents may sit in the bleachers at Ost Field or in the chairs provided outside each practice facility.
10. Practices, Games and/or Competitions: Athletes are expected to arrive at practices, games, and competitions on time. Failure to arrive on time may result in the reworking of the halftime routine which would subsequently keep the late athlete from participating in the halftime routine. Athletes are also expected to be picked up on time. Per Park District policy, failure to pick up a participant on time can result in an additional charge being assessed to the family for staff time.
11. Practices, Games and/or Competitions – BEHAVIOR  
Appropriate behavior at practice, at games (on or off the field), and competitions is imperative. Participants and parents are representing PAFA Spirit and should act and dress appropriately. Inappropriate behavior by participants or parents may result in suspension or dismissal. Inappropriate behavior includes but is not limited to: rudeness, bullying, temper tantrums, outbursts, showing disrespect to the managers/coaches by talking back, eye rolling, etc., showing disrespect to a fellow team member, lack of participation or poor attitude, poor sportsmanship, negative or vulgar comments, use of cell phones for non-emergency calls, damage to fields or property, etc. Personal issues should not be brought into practices. Concentration is required at all times for everyone's safety.
12. Practices, Games and/or Competitions - Gum chewing, eating, soft drinks, jewelry (including earrings, bracelets, anklets, necklaces, etc.) are not allowed.
13. Practices, Games and/or Competitions - Smoking is not allowed on Park District property or within 500 feet of participants. Smoking is not allowed at any of the competition venues.
14. Practices, Games and/or Competitions – Participants are not allowed to leave the practice space, game location, or competition venue unless dismissed, without first notifying a coach or a team manager.
15. Games - For safety reasons, cheer participants must arrive one-half hour prior to the start of each football game in order to warm-up and review the half-time routine and stunts being performed during the game. Poms participants must arrive at game time. Participants who do not arrive at the designated time will be taken out of the half-time performance. **NO EXCEPTIONS.**
16. General - The use of illegal substances, inappropriate language or gestures, or any other behavior that would reflect poorly on the squad or the PAFA organization is not allowed and is cause for dismissal.
17. General - Physical displays or threats of physical aggression by participants or parents/family members are not allowed and are cause for suspension or dismissal.



18. General - Posting negative or threatening commentary on **any** electronic means of communication during the season is not allowed and is cause for suspension or dismissal.
19. General - Bullying behavior is not tolerated and is cause for suspension or dismissal. The PD has a bullying policy in effect that is in addition to the PAFA Spirit Code of Conduct.
20. General - Signs of gang affiliations are not allowed and are cause for dismissal.
21. General - Fans are encouraged to attend games to support the cheerleaders, pommers, and football players; however visiting during game time is not allowed. Persistent interruptions from friends/family during game time will result in suspension or dismissal.
22. General - Parent concerns should be directed to a Team Manager, the Coach Coordinator, or the PAFA Spirit Cheer Director. Parents may not approach high school coaches, football coaches, football officials, competition officials, or other parents. Violations may result in the ejection of a parent from the game/future games or competitions.

The Code of Conduct Disciplinary actions may include verbal warnings, written warnings, suspension from a game and/or a practice, and/or dismissal from the season.

Please sign this page and return to your team manager.



PAFA SPIRIT CODE OF CONDUCT & COMMITMENT FORM  
THIS FORM IS MANDATORY AND MUST BE SIGNED IN ORDER TO  
PARTICIPATE.

We, participant and parents, have read the PAFA Spirit Parent/Participant Handbook and Code of Conduct and agree to abide by the policies stated within.

\_\_\_\_\_

Participants Signature      Date

\_\_\_\_\_

Parents Signature      Date

**RETURN THIS SIGNED FORM TO YOUR TEAM MANAGER OR PAFA BOARD MEMBER BEFORE THE 1<sup>st</sup> WEEK of PRACTICE**



## PAFA SPIRIT CODE OF CONDUCT & COMMITMENT FORM

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