



**Parent/Participant
Information Handbook**





PAFA SPIRIT

Welcome to PAFA Spirit! We are predominantly a volunteer based sports program whose success relies on the commitment of its many dedicated volunteers and Jr. Coaches. PAFA is always looking for those who would be willing to lend a hand. If interested, please go to www.pafaspirit.com and contact our President or Cheer Director.

ABOUT US

PAFA Spirit has provided a successful sports program for over 35 years. We have cheerleaders in grades 3 – 8 and have also offered poms and flag to athletes in grades 6-8. We are a feeder for our local high schools and we work closely with the High School Varsity Cheer Coaches. Most of our participants try out and make their high school teams.

The PAFA Spirit mission is two-fold. First, we support the Palatine Panthers Amateur Football Association football teams (PAFA) by cheering at their games. Second, we support the sport of Cheerleading by offering 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 experience as well as a competitive cheering experience, our program is able to develop cheerleading skills in our athletes that are required in junior high and high school cheer.

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);

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

PAFA SPIRIT WEBSITE

The PAFA Spirit website (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?

CHEER DIRECTOR

The Cheer Director under the direction of the Cheer President, supervises, supports, and trains squad coaches to ensure that practices and games are consistently run safely and effectively. The Cheer Director 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.

JR. COACHES

Squad Jr. Coaches organize and run practices and games under the leadership of the Cheer Director and the guidance of their Head Coach or Team Manager. Coaches are experienced in high school cheerleading and are paid employees of the Palatine Park District.



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

Parent questions or concerns should be directed to the Cheer Director or President, and **not** to the junior coaches.

PARENT COACHES

Parent Coaches are adult volunteers who have a child enrolled in the program. They receive training and organize and run practices, games, and competitions. With the assistance of their junior coaches they effectively teach basic and advanced cheer skills. If you are interested in being a parent coach, please contact our Cheer Director or President. For safety reasons, background checks are required.

TEAM MANAGERS

Team Managers are adult volunteers who have a child enrolled in the program. For safety reasons, background checks are required. Team Managers attend practices and games if there is not an adult coach. They also support squad coaches as needed, and provide communication to parents and participants regarding PAFA policies, game schedules, and other PAFA activities.



CHEERLEADING BASICS (SUBJECT TO CHANGE)

Cheerleading is a competitive team sport that incorporates skills such as cheering, tumbling, dance, stunting, and jumps. During Football season we cheer for Palatine Football teams while we prepare for our competition season. During Competition season, we do not cheer for other sports teams – WE ARE THE TEAM!

Our squads typically consist of between 10-22 athletes. 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. Every squad needs a combination of bases, flyers, spotters, and tumblers. Our goal is to provide well-rounded athletes to the junior high and high school teams.

Competition routines are typically 2 ½ minutes in length. They are packed with stunts, dances, cheers, chants and tumbling. Each element is choreographed to music.

Once a routine is set, we will try not to move athletes around too much. Our focus is to build the strongest teams possible to allow our participants to excel and have a positive experience. Every team member is vital to the team and the performance and plays an integral role. There are no benchwarmers. Each member of the squad is trained in all aspects of the sport to maximize their skills and reach their potential.

Please note that no athlete has the right to any specific role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the ability of the athlete in question. Many times, the flow of the choreography or formations dictate changes be made. Our coaches have the final word on positions and placement.

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 managers to master the fundamentals of cheerleading.

Cheerleaders will:

- Participate in team building exercises
- Learn safety rules for practices, games, and competitions
- Learn sportsmanship and team commitment
- Learn specific cheer skills including jumps, cheers, motions, dances and stunts
- Learn competition routine and halftime routines
- Cheer at football games

- Compete in local competitions



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 unless the participant has the skill.

There are a number of fantastic cheer tumbling programs throughout the Palatine area including the Palatine Park District. **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.**

PROGRAM DETAILS:

COMPETITION/FOOTBALL CHEER – GRADES 3-8:

- Optional participation in Palatine Parades (when offered).
- 4-5 day attendance at season clinic in Late July/Early August
- 3-4 day attendance season stunt clinic in August
- 1-4 day attendance at choreography clinics early August
- 3 day attendance at practices of 1.5-2 hours each until school starts
- 2 weekly practices of 1 hour and 15 min for younger grades and 1.5 to 2.0 hours for older grades
- Weekend practices Sept thru competition season
- 1 weekend home game from late August through September
- 1-5 competitions depending on grade in Oct into November
- Optional End of the Season Banquet (when offered)
- Optional State Competition if squad qualifies

ALL TEAMS MAY HAVE ADDITIONAL COMPETITION PRACTICES

FOOTBALL CHEER ONLY – GRADES 3-8

- Condensed version of the above with no choreography , competitions or weekend practices
- Teams practice 1 night a week during the season and cheer games through early Nov.

CHEER COMPETITION

Cheerleading 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 in the catalog. An additional cost will be required to participate in the optional State Competition in December if the squad qualifies.



PROGRAM RULES AND GUIDELINES

Participation on the PAFA Spirit sports teams is fun but 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 or sport should confirm that it will NOT conflict with the PAFA Season**. Please note: If your athlete is a member of a competitive cheer team outside of PAFA Spirit, she will be unable to compete on both teams.

Attendance is very important to the success of our squads. When one member of a squad is absent, it can keep a whole team from achieving their goals. In competitive cheerleading there are only two minutes and thirty seconds to get it right. If we do not get it right at practice, we will not get it right at competition

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 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.

- Tentative Practice schedules are provided with squad assignments in July.
- Once school begins, Competition/Football squads in grades 3 and 4 are scheduled to practice twice per week for 1 ½ hours; Grades 5 -8 will practice twice per week for 1 ½ -2 hours each session. In addition, weekend practices will be scheduled for competition teams. Football cheer only teams will practice once per week for 1.5-2 hours depending on age of team.



- **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 may 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. Missing practice to finish homework, study, etc. does not excuse an athlete from practice. We encourage our athletes to learn good time management skills and responsibility. We understand there is life outside of cheerleading. Please communicate with us about anything that may interfere with your athletes 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 manager or coach is not present.
- Cheer Participants **must** wear cheer shorts, PAFA provided or other fitted t-shirt and cheer shoes to each practice. Loose fitting or long t-shirts and shorts are a safety hazard and are not allowed. Capris, sweatpants and leggings may not be worn during practice.
- **ALL** girls should have a sports bra or tank top under their t-shirt (even the young ones) and full coverage underwear or boy shorts under loose shorts
- 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.
- Absolutely no jewelry should be worn to practice, games, or competitions. This includes necklaces, bracelets, rings, earrings, and any other piercings. Coaches will not be responsible for jewelry handed to them or left in the gym.
- No gum.



- Practice will not start until the coach and team manager are present.
- Participants **must** bring **only** water bottles to practices 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.
- No cell phones allowed during practices. All cell phones must be left in bags and silenced while in the gym.

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 assigned 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.
- Absolutely no jewelry should be worn to practice, games, or competitions. This includes necklaces, bracelets, rings, earrings, and any other piercings. Coaches will not be responsible for jewelry handed to them or left at the field.
- No gum.
- Cheerleaders must stay in squad formation during the game.

COMPETITION DAY

- Athletes will need to arrive at all competitions on time and ready to compete.
- Hair should be in a high pony tail with competition bow. Competition warm up jacket should be worn over the uniform and every athlete should have on clean cheer shoes,
- No nail polish or fake nails. For safety reasons, nails should be cut so that with your palm up facing you, nails are not visible.
- Absolutely no jewelry should be worn. This includes necklaces, bracelets, rings, earrings, and any other piercings. Coaches will not be responsible for jewelry handed to them or left at the venue.
- No gum
- All eyeglasses must be secured with a visible strap
- No parent will be allowed in the athlete only sections at any time.



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.

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 boy shorts (mandatory supply)
- White no-show socks (mandatory supply – purchased outside of PAFA)
- White cheer shoes (mandatory supply – purchased outside of PAFA)
- Hair tied back off face and shoulders with PAFA-issued bow (mandatory supply)

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 (gloves must be all black)
- Black PAFA or plain black headband. (if headband is not purchased at PAFA, the headband worn must be all black.)
- 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 June, 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 during Clinic Week so that issues can be quickly addressed.

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

As a member of the Illinois Recreational Cheerleading Association (IRCA) we are required to cheer at football games during our cheerleading season. Both junior high and high school cheerleaders cheer at football and/or basketball games. PAFA Spirit believes the experience of cheering at other teams sporting events teaches valuable skills.

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

We attempt to provide every football team with cheerleaders, at least once during the season. 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 or at www.bgyfl.org

WEATHER ISSUES

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

Games, due to bad weather or field conditions, are cancelled by members of the Football board. Your Team Manager will communicate these cancellations with the team.

Under special circumstances PAFA Spirit may cancel our attendance at games. Your Team Manager 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 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 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 and those interested should sign up to be eligible.

CLINIC WEEK

Clinic Week, held on Monday-Thursday evening in late July 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

Choreography will be taught on Monday-Thursday evenings in early August OR on a Saturday or Sunday in August. Choreography is **required** for all cheer participants. During this important phase, 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.

CHEER JAMBOREE

Whenever possible, PAFA Spirit plans a fun filled, cheer filled, all day event held in September at Ost Field. Squads will cheer at multiple games and hang out under our canopies to enjoy food and team bonding. Information will be provided by the Team Managers.

BANQUET/AWARDS

A banquet may be held at the end of the season. This event, if not planned by a PAFA Spirit volunteer, may be planned by the Team Manager.



EXPECTED BEHAVIOR OF ALL PARTICIPANTS

It is our mission to give every participant the skills necessary to succeed and grow in the cheerleading world as well as in life. We provide lessons in dedication, teamwork, motivation and discipline. We hope to challenge and motivate your child to become a better athlete – physically, mentally and emotionally in a fun and nurturing environment. Our program is not only dependent on our athletes and coaches, but also our parents. You are the key to our program being successful. We appreciate the sacrifices you make for your children to participate in our program both in time and in money. Thank you!

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 expectations for our participants and they never let us down! 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 athletes are expected 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 family.

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 managers.
- Respecting all PAFA football participants, opposing teams, and opposing cheerleading 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. Refunds will not be provided.

PAFA CODE OF CONDUCT AND COMMITMENT FORM



In order to make our organization and your athletes experience the very best it can be we strive to teach our athletes respect and sportsmanship. All participants and parents must read and abide by the PAFA Spirit Code of Conduct and PAFA Spirit Commitment Code. Athletes and parents are asked to sign the Conduct and Commitment Form and submit during Clinic Week. 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 and Choreography.
4. One parent must attend the parent meeting.
5. One parent must attend the competition meeting.
6. Each participant and parent understands that all coaching decisions are made by the PAFA Spirit Coaching staff and should be supported.
7. Practices, Games and/or Competitions - Any participant suffering a head injury during a game, at 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.

8. ATTENDANCE

Each participant is required to attend all practices, games, and competitions as scheduled. Cheer is a team sport 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 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 cheers choreographed at that practice session, as well as the competition routine.

Participants who miss practices prior to a game may be removed from the half-time performance. Athletes who miss practices prior to a competition may be replaced in the competition routine (see 23) In addition, if attendance becomes an issue, competition athletes may be moved to a football only cheer team. 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.

Unexcused absences from two or more practices or games may result in removal from a competition and/or dismissal from the program. A refund will not be given. A "no-show" or "no-call" is considered an unexcused absence. This is a team sport and



all members are important.

Please note: Sickness with a doctor's note, Family Emergencies, and Mandatory School Events are to be considered excused. However; concerts, sports games, commitments to other programs/sports, family parties, etc. are not considered excused.

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. **BEHAVIOR**
Appropriate behavior at practice, at games (on or off the field), and competitions is imperative. Participants and parents are representing PAFA Spirit and the Palatine Park District 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, negatively addressing our football team or guests at our field, 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. 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.
13. General - Physical displays or threats of physical aggression by participants or parents/family members are not allowed and are cause for suspension or dismissal.
14. 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.
15. 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.
16. General - Signs of gang affiliations are not allowed and are cause for dismissal.



17. 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.
18. Practices, Games and/or Competitions - Gum chewing, eating, soft drinks, jewelry (including earrings, bracelets, anklets, necklaces, etc.) are not allowed.
19. 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.
20. 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.
21. 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. Participants who do not arrive at the designated time will be taken out of the half-time performance. NO EXCEPTIONS.
22. Competitions – All competitors must arrive at or before the scheduled time which will be released approximately 5 days prior to the competition. Teams must check in on time and with full attendance to avoid being scratched from the competition.
23. Competition - 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. Missing practices regularly during competition season will result in athlete being moved to a football cheer only squad. **No refunds will be given.**
24. General - Parent concerns should be directed to a Team Manager 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, a competition, and/or a practice, and/or dismissal from the season. Refunds will not be provided.



PAFA SPIRIT CODE OF CONDUCT & COMMITMENT FORM

This page is deliberately left blank.

Please sign this page and return to your team manager.



PAFA SPIRIT CODE OF CONDUCT & COMMITMENT CONDUCT 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 1st WEEK of PRACTICE



PAFA SPIRIT CODE OF CONDUCT & COMMITMENT FORM

This page is deliberately left blank.