



**LAKE BRANTLEY YOUTH FOOTBALL
ASSOCIATION 2019 CODE OF CONDUCT,
RULES & REGULATIONS
CHEERLEADING**



Since 1929, the Pop Warner Football program's philosophy has been: Academics and athletics go hand-in-hand. At every level, Pop Warner Football seeks to develop well-rounded young men and women who learn not only the fundamentals of football or cheerleading, but also the importance of education in an atmosphere conducive to developing sound mind, body and character - and having a good time along the way!

In an effort to provide a safe, enjoyable and positive cheerleading experience for all those involved, it is important to establish a set of guidelines to ensure the full cooperation of all team members at all times. Working within an established set of guidelines and regulations not only provides the cheerleaders with a framework of acceptable behavior, but also serves to assist in building and implementing the program.

In any team sport, it is important to be consistent with the enforcement of rules. The following rules and regulations are designed to clarify preexisting rules, and further establish and standardize guidelines for all Lake Brantley Youth Football Association Cheerleading squads, thereby eliminating ambiguity and inequity from squad to squad. Lake Brantley Pop Warner will follow the age/grade placement established by the National Pop Warner guidelines, thereby eliminating any confusion as to where your child will be placed.

We recognize that the large majority of our cheerleaders, parents and family members will be committed to the cheer program and organization as a whole. It is our hope that all members have a positive experience while participating in the Lake Brantley Youth Football Association programs. The ultimate goal of the Lake Brantley Youth Football Association is to provide our children with a safe environment where they can develop new skills, learn teamwork and sportsmanship, make friends, and have fun. Nonetheless, as with any large organization, it is important to clearly set forth expectations and consequences so as to minimize misinterpretations should issues arise.

The following Code of Conduct, Rules & Regulations is intended to provide a set of ground rules. We understand that families new to the organization may feel a bit overwhelmed. However, please recognize that these rules are put in place for the few who choose not to follow them, not the majority that would do so under any circumstances. Should you have any questions or concerns, please never hesitate to contact the Cheer Coordinator or another Board Member for clarification.

General Rules:

1. This is a Pop Warner Association. Board Members, Team Moms and Coaches are volunteers who donate many hours to this organization. Parents, children, family members and guests are expected to communicate and interact with Board Members, Team Moms and Coaches in a respectful manner as more fully set forth in the Code of Conduct.
2. The Pop Warner season runs from August 1 to December 31.
3. Cheerleaders cannot cheer for a competitive All-Star team during the Pop Warner season.
4. Cheerleaders must maintain good academic standing of at least a "C" average.
5. Cheerleading is a commitment and a team effort. The Coaches need each parent to cooperate with them at all times. Parents are expected to have their child at all practices, games and events on time.
6. Each child is required to furnish the Association with a completed and signed physical/medical form, a copy of last year's final report card, the original and one photocopy of the child's birth certificate (original to be returned upon verification), and any paperwork required by National Pop Warner. Your child cannot practice until all paperwork is signed and turned in.
7. Parents must be prompt in picking up their children from practices/games. No child will be left unattended. If you are more than 15 minutes late picking up your child, and have not had direct communication with your coach, team staff has been instructed to contact the local police department for care and custody of your child.

8. The use of bad language, tobacco, alcohol or drugs will not be tolerated. Any of these infractions will lead to suspension and/or dismissal from the team. Each cheerleader should always work toward being a good example for others. Be proud to wear your uniform and make us proud to have you wear it.
9. If your child misses the first day of practice and the coach was not notified of this absence, we will assume that your child does not want to cheer and fill her spot on the roster. No refunds will be issued.
10. It is the parents' responsibility to provide/arrange transportation for his/her child to and from all practices and games. Cheerleaders should always be on time and present for all games and practices. Other activities, with the exception of illness, scholastics, religion and emergency family obligations should not interfere with the cheer schedule.
11. Parents are not to leave their child unattended if unable to locate your team's coaches during practice and games.
12. If someone else is picking up the child other than the parent, the head coach, assigned coach or team mom must be notified. A child may only leave with a parent unless advance arrangements have been made.
13. Parents of cheerleader must call the head coach, assigned coach, or team mom in advance if they will be absent from practice. A no-show or unexcused absence will result in demerits. (See demerits below)
14. If a cheerleader will be absent from a game for any reason other than a sudden illness or family emergency, written notification must be made to the head coach at the last scheduled practice prior to the game to be missed. This will give the team the opportunity to make adjustments to stunts and cheer routines. If the cheerleader will be absent from a game as a result of sudden illness or family emergency, the coach must be notified as soon as possible. A no-show or unexcused absence will result in demerits. (See demerits below)
15. A cheerleader may not be permitted to cheer if the coach feels that she is not prepared due to missed practices and/or games. This will be solely at the coach's discretion.
16. Repeated absences from practice/games may result in dismissal from the team.
17. It is the parents' responsibility to ensure that the cheerleader has used the restroom before coming to practices and games. Restroom facilities may be limited at practice locations and sometimes not easily accessible during games. Further, restroom breaks may not be possible in order to keep the adult-to-child ratio required by Pop Warner rules.
18. Parents are not permitted on the field or practice areas at any times. This is for the safety of the children. All Board Members and members of the coaching staff have undergone a background check and have been cleared by Mid-Florida Pop Warner.
19. While in attendance at practices, games or other events on public school property, all parties shall be expected to abide by all School Board rules and regulations.
20. Rules are for everyone. Each parent and child must follow all of the rules in order to make this a successful program for everyone. You will be asked to sign an acknowledgment of having received and read these rules. Your child will not be able to participate unless this acknowledgment has been signed by both parent and cheerleader, and received by the Association. Coaches will be using a Demerit System. Please familiarize yourself and your child with it. We find the system necessary to ensure that each practice and game is safe, productive and fun.
21. If you have any questions during the season regarding actions that have been taken toward your child, please follow the proper chain of command. We encourage you to first speak with your head coach to resolve any questions or conflict. Should you be unable to do so, please communicate with the Cheer Coordinator or, in her absence, the Assistant Cheer Coordinator. We invite any questions or suggestions that you might have. The coaches are volunteering their time for the program. All volunteers involved in the program are open to your comments and suggestions; however, please remember that we must always look out for the best interest of your child and the TEAM.

Required Equipment:

Your registration fee covers registration into the program (which covers administrative expenses for facilities rentals, insurance, association game day expenses, etc.) You will also be required to make separate purchases for your child's uniform, shoes, pride pack (practice uniform), briefs, and hair bow.

The use of practice uniforms and game day uniforms are required as more fully set forth above.

It is the responsibility of each cheerleader to maintain her uniform in good condition. Uniforms deemed unfit for performance, at the discretion of the Cheer Coordinator, must be replaced at your expense. Further, if a child does not have a uniform, she is unable to perform on game day or competition pursuant to Pop Warner rules.

If the school dress code permits, Cheerleaders are allowed to wear their uniform to school on Fridays before game days. IT MUST BE WORN TOGETHER, TOP AND BOTTOM. No mixing of pride pack shorts and uniform top, or vice versa.

Cleaning instructions:

- **Brand New Uniform:** The first wash is the most important! Each garment should be washed by itself (wash skirt & shell separately!). Wash in a tub full of warm water with cool rinse (warm/cold cycle). After 12 washes, cold water wash is fine.
- Use a mild detergent such as Tide.
- ALWAYS remove the garment promptly from the washer once the cycle is completed. Leaving the garment in the washer for prolonged periods of time can cause the fabrics to bleed and/or leave unsightly wrinkles in the garment.
- DO NOT machine dry the uniform. Once washed, immediately hang to dry.
- Touch up with warm iron if needed.
- DO NOT DRY CLEAN THE UNIFORM.
- NEVER use fabric softener. Fabric softeners block soil release properties of the uniforms and can cause dirt and stains to resist removal.
- For difficult stains: DO NOT use a stain remover. Stain removers may lock the stain into the garment. Use a rust remover for red clay stains. After the stain is removed, return to original care instructions.

MANDATORY Parental Involvement:

The success of our Pop Warner organization depends on the volunteerism of our Board Members, coaching staff and parents. It is mandatory for one parent of each cheerleader to provide a minimum of two (2) hours of volunteer time in Concession sales.

Additionally, parents will be expected to assist in providing team snacks and/or drinks for practices and game days as coordinated by the coaching staff.

Adult Code of Conduct in Accordance with National Pop Warner Rules:

In order to uphold the goals of Pop Warner and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Pop Warner events, including but not limited to practices, competitions, and banquets, must behave in a respectful, courteous and sportsmanlike manner at all times.

Parents and other adults are expected to follow all rules and regulations.

Any adult who is using alcohol, tobacco, non-prescription drugs and/or appears intoxicated at a Pop Warner event, and/or who is flagrantly rude, attempts to intimidate, verbally abuses, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, will be removed from a Pop Warner event. The member organization may issue a written warning to the individual regarding the misbehavior and the adult's children may also be removed from the event. Any adult who commits one or more of the above-stated offenses a second time will be banned from any and all Pop Warner events for a minimum period of one year from the date of the second offense, and their children may also be removed from the program for that time period.

Any adult who physically or verbally assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned immediately from any and all Pop Warner events at a minimum for one year from the date of the offense, and their children may also be removed from any and all Pop Warner programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Pop Warner events and the individual's children may also be permanently removed from any and all Pop Warner programs.

Pop Warner, including the Lake Brantley Youth Football Association, reserves the right to suspend and/or remove any individuals from the program or its events in order to ensure the safety of its members and uphold its mission.

Attendance:

Participation in a cheerleading squad is a commitment and a team effort. As part of a team, each cheerleader is critical to the overall success of the squad. Since the practices are structured with specific segments designed to work on a complete set of skills necessary to perform effectively as a team, arriving late for the practice compromises the effectiveness of the entire team, and is not permitted by any team member, unless in the case of an emergency.

1. Late Arrival

- In the event of such an emergency, please contact your head coach, assigned coach or team mom and inform her of your emergency and expected time of arrival. Late arrivals without advance notice by the previously scheduled practice will result in one demerit point per occurrence. In addition, the tardy cheerleader will be required to make up any and all missed warm-up and/or stretching exercises prior to being able to participate in practice.
- Cheerleaders arriving late for games will be required to remain for the duration of the game. Pursuant to National Pop Warner Rules, cheerleaders who miss book check are not permitted to participate in cheerleader activities for that day, but must remain for the duration of the game.

2. Early Dismissal

- Early dismissal from practice sessions or games is not permitted. The early dismissal of any individual from the team devalues the effort of every other team member and often renders the team unable to effectively practice/perform partner cheers, stunts, and pyramids.
- Early dismissal from games is not permitted and will result in two demerits. We appeal to all participants to consider the negative impact the early dismissal of one individual has on the entire team. It is recommended that each cheerleader take into consideration all other outside commitments prior to committing to participating on a team, unless alternative arrangements can be made to accommodate the cheerleading season.

Advance notice shall be in the form of an email to the head coach.

If a cheerleader misses two practices throughout the week, she will not be permitted to participate in the game on Saturday. This includes excused or unexcused absences. The head coach will enforce this. She will be required to go through book check and attend the game or additional demerits will be enforced.

In the event a cheerleader is injured and unable to participate, she is still required to come to practices and games. Her presence at practice and games serves two purposes: (1) participants will continue to feel that they are a part of the team and (2) they will be aware of any changes that take place in the routine. A physician's release to return to normal activities will be required prior to the cheerleader being able to return to full participation.

Unexcused Absences:

- No call to the head coach or assigned coach before the game or practice, unless a verified emergency.
- No absence will be excused if there isn't a call to a coach. Demerits for absences will not be removed from records for any circumstance. If the parent cannot make the call, another family member will need to.
- If a child consistently misses practices or games, the parents can and may be asked to provide a physical and/or note from their physician. This will ensure the league that the child is in good health and there is no reason for the child not to participate.

Excused Absences:

- School Functions with one week notice to the head coach
- Family emergency with notification to the head coach
- Illness with notification to the head coach

The following guidelines will be adhered to for absences during the regular season; these guidelines apply to excused or unexcused absences. The team and the coaches have to be able to rely on the cheerleaders to come to practice.

- **Three absences:** Cheerleader will sit out one full game
- **Six absences:** Parents will be notified that their child is in danger of not being able to compete with their squad during competition/exhibition.
- **Eight absences:** Cheerleader will not be allowed to compete with the rest of her squad. Having missed so many practices, the cheerleader will not know the routine well enough to perform it at competition.
- **Ten absences:** This can result in dismissal from the squad.

Absences from two (2) games may result in cheerleader not being able to participate in competition. Determination will be at the discretion of the Cheer Coordinator and the Board, and consideration will be given to additional absences from practice and the Demerit System as more fully set forth below.

In order to be fair to the team and the coaches, attendance is **MANDATORY**. We work as a team and if one cheerleader has excessive absences, it hurts the whole team

Practices:

1. Practices will begin August 1. Practice times and locations will be set by the individual coaches.
 - a. Pursuant to National Pop Warner Rules:
 - 20 hours of “practice” is required for all Pop Warner Spirit teams before the team may engage in regular practice sessions. After the first week of practice (10 hours) for conditioning, and after the second week of practice (10 hours) for conditioning, the team may engage in regular practice sessions. The second week may include basic warm-ups, conditioning for jumps and tumbling, arm motion drills, and progressions in stunting.
 - No team or squad may schedule more than 10 hours of practice per week before Labor Day. A week is defined as seven (7) consecutive calendar days beginning on Sunday. Not more than 2 ½ hours of practice may be scheduled on any one day.
 - After Labor Day practices are limited to 6 hours per week as defined above, practices after Labor Day are not to exceed 2 hours per day.
 - Break times are not counted against the ten (10) or six (6) hours per week, or the 2 ½ or 2 hours allowed for practice each day.
2. LBYFA considers both Football and Cheerleading a sport which requires physical conditioning and stamina. All players and cheerleaders will be required to participate in the exercise and conditioning portion of practice. In addition, all participants are expected to receive proper nutrition and hydration prior to practices and games in order to prepare for this physical conditioning.
3. Parents are not to leave their child unattended if unable to locate your team’s coaches. Prior to the start of practice there is no supervision and, therefore, parents are responsible for the safety and welfare of their child.
4. Athletes are responsible for bringing their own water to all practices.
5. Athletes are encouraged to bring a bag to all practices that should include the following:
 - a. Towel
 - b. Sunblock (coaching staff cannot apply sunblock)
 - c. Bug spray (coaching staff cannot apply bug spray)
 - d. Cleansing wipes
 - e. Hair ties
 - f. Feminine products (if applicable)
 - g. Band-Aids
6. Athletes are **REQUIRED** to wear the LBYFA issued Pride Packs (shirts and shorts) to each practice. Socks and appropriate cheerleading shoes are required. For safety reasons, appropriate footwear is mandatory. Cheerleading shoes are designed specifically for the sport of cheerleading to protect the athlete and help prevent unnecessary injury.
7. To ensure safety, hair must be neat and out of the face for practice. Long hair (shoulder length or longer) must be tied up in a ponytail. Loose ends should be fastened back with bobby pins or barrettes. Hard fasteners such as plastic or wooden comb-like hair accessories or ties should not be worn, since these can cause injury while performing stunts.

8. Fingernails should be kept at a length appropriate for safe participation. The appropriate length for all team members means that the nails are not visible beyond the fingers when viewed from the palm side of the hands. Artificial fingernails are not permitted at any time during the season.
9. Nail polish is not permitted.
10. Light make-up is permitted if allowed by the parents. "Light make-up" shall mean the use of powder, lip gloss, and lightly applied mascara. The use of liquid foundation, cream foundation, eye shadow, eye liner, lipstick, face, hair or body glitter, face paint, tattoos, hair mascara or other body decorations or markings are prohibited.
11. Jewelry of any kind, including earrings, bracelets, necklaces, rings, belly-rings (or fish line) and other body piercings are prohibited, with the exception of medical alert bracelets or necklaces which must be secured to the body with tape, which must be provided by the participant.
12. The use of cell phones during practice is prohibited. LBYFA is not responsible for any lost or stolen electronics.
13. Do not leave practice until your parent has informed the coaches you are leaving.
14. Stunting:
 - a. No stunting when the ground is wet; coach's discretion.
 - b. No stunting on pavement.
 - c. Never attempt stunting without a spotter, even in the presence of your coach.
 - d. Never attempt stunting without the presence of your coach.
 - e. Above examples are grounds for counsel and dismissal with no refund.

Games:

1. Games are generally scheduled on Saturdays and are mandatory. There will be home and away games. Regular season games may be played anywhere in the Mid-Florida area and will require travel. If games are canceled, make-up games may be scheduled on weeknights. Generally, games start near the end of August and go through October. If a football team advances to the playoffs, the cheerleading squad will cheer at all playoff games. Football playoffs may go into the first week of December.
2. Cheerleaders are required to be at the field one (1) hour prior to the scheduled game time. Pursuant to National Pop Warner Rules, cheerleaders are required to participate in a Book Check process before each game. Additionally, this time will be used to warm-up, practice and to make any last minute changes due to someone's absence.
3. The Board Members and coaching staff cannot control delays in game time schedules, games starting early, field accommodations and parking at visiting fields.
4. Athletes are responsible for bringing their own water to all games.
5. Official uniforms must be worn for games. This consists of a two-piece Lake Brantley skirt and top, official cheerleading sneakers, bloomers, white no-show socks, and the LBYFA issued ribbon for hair. Cheerleaders who do not wear full uniform to games will not be able to participate in cheerleading activities that day and demerits will be issued as set forth below.
6. To ensure safety, hair must be neat and out of the face for all games, with the use of the LBYFA issued hair ribbon. Long hair (shoulder length or longer) must be tied up in a ponytail. Loose ends should be fastened back with bobby pins or barrettes. Hard fasteners such as plastic or wooden comb-like hair accessories or ties should not be worn, since these can cause injury while performing stunts.
7. Fingernails should be kept at a length appropriate for safe participation. The appropriate length for all team members means that the nails are not visible beyond the fingers when viewed from the palm side of the hands. Artificial fingernails are not permitted at any time during the season.
8. Nail polish is not permitted.
9. Light make-up is permitted if allowed by the parents. "Light make-up" shall mean the use of powder, lip gloss, and lightly applied mascara. The use of liquid foundation, cream foundation, eye shadow, eye liner, lipstick, face, hair or body glitter, face paint, tattoos, hair mascara or other body decorations or markings are prohibited.
10. Jewelry of any kind, including earrings, bracelets, necklaces, rings, belly-rings (or fish line) and other body piercings are prohibited, with the exception of medical alert bracelets or necklaces which must be secured to the body with tape, which must be provided by the participant.
11. The use of cell phones is prohibited from the time the cheerleader checks in with her coach to the time she leaves with her parent. LBYFA is not responsible for any lost or stolen electronics.
12. Rain or shine, we cheer! All cheerleaders must report to the field unless notified otherwise by the coaching staff. Cheerleaders will only be released from a game if the referees call the game.

13. **Important note:** Saturday games are held during the day in the HEAT. Children need to be aware that it is very hot during these games and proper hydration precautions should be followed both during and before the games begin. Likewise, cheerleaders should have breakfast or lunch before arriving at the field to avoid illness.
14. At the end of each game, cheerleaders must remain with their assigned coach until they are dismissed into the custody of their parent. If someone other than the parent is picking up the child, the coach or team mom must be notified in advance in writing. A child may only leave with a parent unless advance arrangements have been made.
15. Failure to adhere to these dress code and game day regulations will result in the cheerleading being “benched” and unable to participate in game day activities. Further, demerits will be issued as set forth below.

Tiny Mite / Mitey Mite Exhibition & Post-Season Performance:

Tiny Mites and Mitey Mites will perform at the Mid-Florida TM/MM Exhibition. This exhibition typically takes place during the month of October at a location designated by Mid-Florida Pop Warner. Each squad will have an opportunity to perform a cheer and dance routine, though they will not compete or advance to another competition.

Should the Tiny Mite and/or Mitey Mite football teams advance to bowl games, the respective cheer squad is required to attend and perform at those games.

The Tiny Mite and Mitey Mite season ends on December 31 of each year.

JPW, PW, JM and M Competition & Post-Season Performance:

Should any football team advance to playoffs or other post-season games, the respective cheer squad is required to attend and perform at those games.

Competition has proven to be the highlight of the season for all involved. As we get closer to the date of the competition, it will seem as if the preparation focuses around competition. Please keep in mind:

1. Dates, times and locations of practices will change as competition approaches. Indoor gym time will be necessary in order for us to be competition ready and the gym space available may not be consistent with every team’s regular practice schedule. Please be flexible.
 2. Any cheerleader whose squad progresses to Regional Competition or National Competition may incur additional expenses to cover meals, hotel accommodations, travel, etc.
 3. If you have registered your daughter for a competition squad, parents will need to sign a Competition Agreement form. Cheerleaders will be required to be at all competition practices.
- Mid-Florida District Competition: Competition typically takes place during the month of October at a location designated by Mid-Florida Pop Warner. Squads placing 1st or 2nd in their respective class will advance to Regional Competition.
 - Southeast Regional Competition: **Squads that advance to Southeast Regional Competition will be performing on Thanksgiving Weekend** at a location designated by Southeast Region Pop Warner, but typically in the Central Florida area. Squads placing 1st or 2nd in their respective class will advance to National Competition.
 - Chancey Cheer Off: Teams that do not advance to Southeast Regional Competition will perform at the Chancey Cheer Off in November. This competition has been developed to provide the cheerleaders a second opportunity to perform. They are not judged per se. This is a great opportunity provided to us by Mid-Florida Pop Warner and allows all cheerleaders to end their season with a positive and winning attitude. This is not an optional event.
 - National Competition: Typically held the first full week of December at ESPN Wide World of Sports at Walt Disney World.

Demerit System:

- A first offense for any violation as set forth below will result in a verbal warning to the cheerleader.
- A second offense for any violation as set forth below will result in a meeting with the parent and cheerleader.

- A third and all subsequent offenses for any violation as set forth below will institute the Demerit System.

Consequences for rule violations for the 2015 Season will be determined by the following Demerit System.

Demerit Violation – 1 Demerit

- Using cell phone during practice or games
- Late to practice or game without notice
- Not having water bottle at practice or games
- Jewelry or nail polish at practice or games
- Not having hair secured properly at practice or games
- Wearing inappropriate practice attire
- Not assisting with mats
- Not participating in warm-ups and stretches
- Gum or candy at practice or games
- Early dismissal from practice without prior notice to coach

Demerit Violation – 2 Demerits

- Unexcused absence for game or practice
- Not fully participating during game
- Inappropriate behavior during Book Check
- Repeatedly not following directions given by coaching staff
- Stunting or tumbling without supervision or permission
- Wearing inappropriate game day attire
- Disrespectful attitude or behavior toward teammates
- Disrupting practices or games (unnecessary talking, playing, etc.)
- Leaving a game before it has concluded

Demerit Violation – 3 Demerits

- Talking back or disrespectful to coaching staff
- Unwillingness to learn or make changes
- Not cooperating with team members or coaches
- Negative remarks or attitude toward another team member

Three demerits will result in the cheerleader sitting on the sideline for the first quarter of the following game.

Ten demerits may result in the cheerleader being removed from the Competition squad.

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In closing, all LBYFA cheerleaders are:

- Expected to follow all rules and regulations as more fully set forth above.
- Not permitted to chew gum; smoke or use smokeless tobacco or vapor cigarettes; drink alcoholic beverages; use foul language or in any way demonstrate disrespect toward fellow team members or coaching staff.
- Expected to demonstrate a winning attitude and foster team spirit through cohesion and commitment to common goals.
- Expected to conduct themselves at games and team events in a manner that demonstrates team pride, positive attitude, and gracious behavior towards competitor teams. This behavior is EXPECTED AT ALL TIMES.
- Prohibited from intimidating a fellow team member, or participating in negative behavior by word and/or physical deed. *This also applies to the use of social media and other online presence.* Any such behavior will result in mandatory removal from the team per official Pop Warner Rule Book.

While in a Lake Brantley uniform, pride pack or other apparel, the cheerleader is prohibited from the use of social media, photography or live demonstrations that use inappropriate signs, gestures, behaviors, and displays of affection or other actions unbecoming to the Lake Brantley image. Any such behavior may result in disciplinary action and/or removal from the team.

Any disciplinary actions taken by the administration of the school where the cheerleader attends that results in out-of-school suspension or otherwise prohibits the child from being on school property will also result in the suspension of the

child from the Lake Brantley program for this same duration. Demerits for unexcused absences will be applied as set forth above.

Likewise, any other disciplinary actions taken by the school administration and brought to the attention of the Cheer Coordinator shall be addressed and may result in the suspension of the child from the Lake Brantley program.

It is understood that these rules and regulations cannot possibly anticipate all circumstances. Therefore, any adjustments to the above repercussions shall be at the sole discretion of the Cheer Coordinator.

LET'S HAVE A GREAT SEASON AND STRIVE TO BE THE BEST OF THE BEST!!!

We want cheerleading to be a rewarding experience for your daughter. In order to achieve this goal, we must insist on your cooperation, as well as your daughter's. Pop Warner football is a 4 to 5 month commitment, requiring exercise, hard work, time and dedication. Cheerleaders should want to be there for themselves not because their parents want them there. **Be prepared & fully committed to attend every practice and every game.**

Cheerleading is a rewarding experience that teaches many life skills. The Lake Brantley Youth Football Association has made every effort to make this a successful season. With cooperation, hard work and dedication, everyone will be a WINNER!!

Good Luck Lake Brantley Patriots! Let's have a GREAT season!



**LAKE BRANTLEY YOUTH FOOTBALL ASSOCIATION
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The undersigned player, parent or guardian acknowledges that Lake Brantley Youth Football Association has adopted a Code of Conduct, Rules & Regulations for players, parents and guardians and that each of the undersigned has individually read, understands, and has agreed to adhere to such currently issued Code of Conduct, Rules & Regulations for Cheerleading.

The undersigned state that they clearly understand that violating the Code of Conduct, Rules & Regulations may cause the player to be suspended for a specified or indefinite period of time based on a review and ruling by the Lake Brantley Youth Football Association Executive Committee and that no refunds will be given.

Player:

I have read, understand, and agree to be held accountable for behavior contrary to the Code of Conduct, Rules & Regulations of the Lake Brantley Youth Football Association.

Printed Name: _____

Player's Signature: _____

Date: _____

Parent or Guardian:

I/we have read, understand, and agree to be held accountable for behavior contrary to the Code of Conduct, Rules & Regulations of the Lake Brantley Youth Football Association.

Printed Name: _____

Parent/Guardian's Signature: _____

Date: _____