

ATHLETE CODE OF CONDUCT

Cheer Tech is dedicated to having a long history and tradition of athletic excellence. This tradition cannot be built overnight. It will take years of dedication, commitment, and hard work by a countless number of people.

As a Cheer Tech athlete, you must strive to uphold a high standard of excellence. Once you have become a member of our team, you have made a choice to uphold certain standards expected of athletes in this community:

1. The use of vulgar or profane language is unacceptable anywhere and at any time.
2. A member of an athletic team is to be presented professionally in proper athletic attire and ready for practice. Clothing will be respectful in language and content.
3. Clothing worn at competitions must be worn in a neat and mannerly fashion. Shoes and uniform are to be clean and sharp. Hair is to be worn as described by the coach for the competition.
4. Athletes will exhibit appropriate behavior at all times. Your participation in athletics is a privilege and should be treated as such. Any time you wear the grey, silver and blue of Cheer Tech, you are representing yourself, your family, your gym and all those that currently wear these colors now and after you.
5. Your behavior should be above reproach in all areas. Other athletes, staff, parents, and the community will observe your conduct. You need to ensure you are representing Grand Forks in the best light at all times.
6. Bullying, teasing, and/or putting down other athletes is absolutely not tolerated. Mental or physical abuse of any type will be dealt with immediately and will be grounds for dismissal from the cheer program and the gym.
7. Respect will be given at all times to your coach, other athletes, cheer staff, and all parents. You will treat and speak to others the way you would want to be spoken to and treated.
8. Lying, cheating, stealing will not be tolerated and will be grounds for dismissal from the cheer program.
9. Athletes have responsibilities to include:

RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your team experiences. Your academic studies and your participation in other extracurricular activities, as well as

in sports, help to prepare you for your life. You will give your best at practice and competition, and in return your coach and team mates will give you their best.

RESPONSIBILITIES TO YOUR GYM: Another responsibility you assume as a team member is to your gym. You assume a leadership role when you are on an athletic team. The community and other communities judge our gym by your conduct and attitudes, both on and off the competitive stage. Because of this leadership role, you can positively contribute to gym spirit and community pride. In addition, you are a role model for younger athletes. These athletes look up to you and dream of being as successful as you hope you to be. Be sure the example you set is a positive one.

RESPONSIBILITIES TO OTHERS: As a team member you also bear a heavy responsibility to your cheer family. When you know that you have lived up to all of your commitments, you have practiced with great enthusiasm and that you have competed to the best of your ability, you have earned the right for great self-respect, and thusly your family can be proud of you.

8. Respect will be given at all times to your coach, other athletes, cheer staff, and all parents. You will treat and speak to others the way you would want to be spoken to and treated.

I have read or have been read the following information and agree to comply with the Athlete Code of Conduct. I will, to the best of my ability, be a supportive teammate and work hard to achieve the goals of my team and the gym.

Signature of Athlete (Parent of athlete if unable due to age):

Signature of Parent acknowledging athlete has reviewed conduct code:

Date:
