



Dallastown Area School District

2025-2026

Cheerleading Contract

At Dallastown, our cheerleading program is dedicated to building a team of disciplined, respectful, and committed student-athletes. As visible representatives of the Dallastown Area School District and our community, cheerleaders are expected to uphold a positive attitude, demonstrate school pride, and exemplify leadership and strong character—both on and off campus.

These rules and regulations must be followed to participate in the Dallastown cheer program. By acknowledging this contract, both the cheerleader and parent/guardian agree to uphold the terms and conditions.

PURPOSE

This document is to ensure the following:

The Dallastown Cheerleading Program is built on teamwork, leadership, and school spirit. As a cheerleader, you play a vital role in representing not only our team but also the Dallastown Area School District and community. Our program is committed to fostering a positive and supportive environment where student-athletes can grow in skill, confidence, and character.

To ensure fairness and consistency, all cheerleaders are held to the same high academic, athletic, and behavioral standards.

By acknowledging this contract, both the cheerleader and parent/guardian agree to uphold these expectations and contribute to the success of the program.

GENERAL/PROCEDURES

1. If you choose to leave the team at any point after being selected, you will not be reinstated, and your eligibility for the following year(s) may be compromised.
 2. According to school policy on extracurricular involvement, students must maintain passing grades in at least three (3) major subjects/courses. The first and second instances of ineligibility will result in probation. A third instance of ineligibility during a grading period will lead to removal from the program.
 4. Safety is our priority. Any behavior during practice or breaks that compromises safety will not be tolerated. There will be no stunting or tumbling allowed when coaches are not present.
 5. You are strongly encouraged to do personal strength training and conditioning throughout the year. Assessments will be conducted to track progress. Practices, in general, will consist of conditioning exercises.
 6. If you are placed on medical release for any reason, official medical documentation must be provided to the school trainer, nurse, and coaches. Cheerleaders on medical release are still expected to attend events in uniform and support the team, unless their medical documentation specifically restricts attendance.
 7. Cheerleaders are expected to maintain a positive attitude and show respect towards teammates, coaches, and self at all times. Disrespect, negativity, defiance, or insubordination will not be tolerated. Consequences will vary based on the severity of the behavior and may include benching or removal from the team.
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ATTENDANCE AND COMMITMENT

1. The essence of cheerleading is participation. All scheduled practices, bus rides, and games/performances are mandatory for all cheerleaders. Any extenuating circumstances must be communicated with a coach.

2. Attendance and promptness are a necessity! All cheerleaders are expected to arrive on time for practices and events. If you are going to be late, you must communicate with a coach. **Athletes are expected to report 15 minutes prior to practice start times.** Please be ready for all practices/events before you arrive or as expected by the coach. Practice dates and report times on the calendar indicate when warm-ups begin. Athletes should arrive early to ensure all equipment (e.g., mats rolled out) is ready and take care of any personal needs within the 15 minutes before the scheduled start time. **Habitual tardiness without notice will result in the athlete having to sit out of practices or events.**

3. **School attendance is vital. You must be in attendance at school to participate in after-school practices, games, and/or competitions. If students arrive late, they must check-in by 11:11 AM to receive credit for a full day and be able to participate. This is a school policy. If you are absent from school on a game or practice day, you may not cheer/perform that evening.** Parents, if your child is ill and unable to participate, **please communicate with your athlete's coach in addition to the attendance office on those days.**

4. **Each squad member is expected to participate in all squad obligations, including cheerleading obligations outside of practices and games.** Throughout the year, additional practices are often required as needed. All squad members are expected to attend. **ALL FAMILIES are expected to participate in the DT Cheer Booster, events, and fundraisers. Without the booster club and fundraising, we cannot offer a program!**

5. **Cheerleaders are expected to prioritize squad obligations, and work schedules should not interfere with practices, games, or performances. All medical, dental, or other appointments should be scheduled on days that do not conflict with practices or events. Failure to comply may result in the athlete being required to sit out of practices or events.**

6. **** COMPETITION ONLY **** PIAA States and UCA Nationals are two events that require overnight stays and additional expectations. All athletes will remain with the team, under coach supervision throughout the competitions and trips (bus rides, plane rides, hotel stays, park times, practice times, and mealtimes). These events are athletic competitions and are documented as school field trips.

7. **Make cheerleading a priority. You are fulfilling a "spot" on the team which many people would like to occupy. Being selected as a cheerleader is an honor.**

CONDUCT

1. As a Dallastown Cheerleader, your conduct is closely monitored and held to a high standard. Whether at practices, games, school events, or in the community—both on and off campus—you are expected to demonstrate appropriate behavior at all times. As a representative of our school and community, you must uphold the expectations outlined in both the **School Code of Conduct** and the **Athlete's Code of Conduct** set by the Dallastown Area School District.

2. **TRUST and COMMUNICATION** are vital for the safety of all team members and coaches. Please communicate effectively with team members and coaches.

3. Be willing to set mixed feelings and emotions aside and develop skills in working with others as a unit. Oftentimes, this means you give in for the good of the whole squad. Teamwork is essential.

4. **Smoking, drinking alcohol, and using profanity will not be tolerated whether in or out of uniform. This may result in removal from the team.**

5. **Any public postings to a website or social media must be school appropriate.** Derogatory or hurtful remarks, lewd obscene statements, or photos will not be allowed. Photos or references to underage drinking, sexually explicit content, or other unlawful acts are not permitted. Students may be removed from the team for a violation of this nature. The consequences are up to the coaches and administration to decide. Remember, you represent our school district and the Dallastown cheer program.

*****ANY VIOLATIONS OF THE CONTRACT WILL BE ASSESSED BY THE COACHES AND SCHOOL ADMINISTRATION. IT IS THE COACHES AND ADMINISTRATORS' RIGHT AND RESPONSIBILITY TO BENCH, SUSPEND, OR PERMANENTLY REMOVE A CHEERLEADER FROM THE TEAM DEPENDING ON THE SEVERITY AND FREQUENCY OF VIOLATIONS. *****