

OAKDALE STAMPEDE CHEER

2023 EXPECTATIONS, RULES & GUIDELINES

Practice

- Be on time! It's very important for us to start our conditioning on time so we can get to learning our cheers and dances. If a cheerleader is late, they will run or condition at the coach's discretion.
- Do not drop off cheerleaders before 5:45pm. No coaches are on the field before then and if something happens the Jr High is liable. We don't want to lose the field; they allow us to use it if anything happens that opportunity can be taken from us. If your child attends the after-school program at OJHS they can not leave early and be on the field before 5:45pm.
- Attendance is key! Please be at all practices. If you miss a practice while we are learning a new dance, you will sit out of that weekend's halftime performance. If you miss multiple practices during a practice week you will sit out the first half of that week's game. If there is an emergency or problem, please contact your coaches so they know what's going on.
- Dress appropriately and in stampede practice wear, past or present practice gear is fine.
- Lace up tennis shoes must be worn. No converse or vans. Please make sure they are working out or running shoes. Do not wear white game day shoes to practice.
- Hair pulled back out of face. No fly aways and no hair worn down.
- No jewelry and no new piercings during the season, as they can't be taken out. Rubber or silicone sport earrings will be allowed.
- Parents, we kindly ask if you choose to stay during practice please sit under the awning at the lunch tables. It can be a distraction to some, especially the younger ones, to see mom or dad nearby.
- No gum!
- Do not park in the round about behind the gym. You may pull through to drop off your child but do not park there. It is an emergency lane and if we have cars parked there it is a hazard.
- It will be to the coach's discretion as to where the cheerleaders are positioned during routines and sidelines. Everyone will be given a fair chance and we will find your cheerleaders strong suit and do our best to make sure they succeed in learning and progressing.
- Cheerleaders are absolutely not allowed near football players during practice. Please make sure they stay in our corner of the field to not interrupt football practice.

Games

- All game details will be posted on band at least 24hrs prior to game time.
- Arrival times will be 1 hour prior to game time. Sometimes if coaches feel they need a little more practice time before the game we will ask you to arrive earlier, but that will be posted several days prior to game day.
- If you are late to the game the coach has the right to make you run at the next practice. We can't practice routines and cheers without everyone and if you are late it shortens the 1 hour we have to do that.
- All girl's hair will match each week. If you need help with hair, please let your coaches know. We are usually there early to help.
- While in your uniform you are a representation of Oakdale Stampede. Please act appropriately as your actions can affect the entire organization.
- Full uniform, solid white no show socks, solid white cheer shoes, game day bow, and black spanx must be worn during games. If your cheerleader is not in full game day attire they will sit out.
- Makeup will be at the coaches' discretion. Obviously older girls like to wear makeup, make sure it's appropriate and not too much.

- Do not feed your child during our game or bring them sodas or sports drinks. In the Corral and most away fields we go to do not allow anything except water on the field and track. Make sure you bring them plenty of water.
- As parents we understand that you may not always agree with some calls during the game but do not scream and yell things towards the other team or refs. We want everyone to respect Oakdale Stampede and we expect you to do the same for the opponents and refs.
- All families are REQUIRED to do 6 hours of volunteer time if they have 1 child in the program and 10 hours if you have more than 1 child in the program. All hours must be completed before the end of the season or you will be charged an extra \$100 the next season. If you would like to opt out of your volunteer hours you may do so by paying a \$100 fee before the season starts. Please contact the VP of Cheer to get the opt out form and make a payment.

Band

- Use band to your advantage. For example, if you need your child to get a ride to or from practice and games, please post and most of the time plenty of other parents are more than willing to help out. It's just as much a tool for you to use as it is for us.
- Most of the older girls have phones and are on the band app as well as the parents. Please think about that while posting. We do not want their phones going off all day while they are in class.
- No personal conversation. Contact each other privately so everyone's phones aren't going off constantly while you chat. We love that you all communicate with each other but keep it about cheer on the Band wall.
- Absolutely no bullying, rude comments, slander or other inappropriate behavior will be tolerated! Your post will be deleted, and you will be given one chance. If you continue to cause an issue you will be removed from the Band group and will miss out on all important information that is posted.

Misc.

- Acrylic nails may be worn if they are sport length and not sharp. However, if we have an issue and someone is hurt with them, we will ask that they not be allowed any further.
- Any cheerleader who disrespects a teammate or coach will be given one opportunity to correct the issue and move forward. Any further problems may result in termination from the team. If you put your hands on another cheerleader or coach in an aggressive way you will be removed from the team. We will not tolerate any violence towards each other.
- Cheerleaders who are suspended from any Oakdale school are not allowed on any Oakdale Joint Unified School District facility for the duration of the suspension. If practice or a home game falls during the suspension time period the cheerleader will not be allowed to attend, per OJUSD policy.

Lice

- Lice was a huge issue last season. This year we are laying down some guidelines to help with it.
- If your child has lice, they will not be allowed back to the practice field or games for 1 week unless they have a note from the doctor or lice clinic clearing them to return.
- We will always use the utmost discretion when it comes to the issue so that other teammates don't find out. We don't want anyone to be judged or made fun of due to it.
- Please just keep an eye on your child's hair so that we don't have a spread like we did last season.
- We suggest using coconut shampoo and conditioner, tree tea oil, Fairy Tales rosemary lice prevention spray, SoCozy! kids lice prevention spray and any other leave-in lice prevention spray you find. It's always better to try to prevent it to avoid the issue altogether.

Your teammates are your cheer sisters please treat them as such! We are all in this together to represent our town, cheer on the football player and most importantly have FUN!

OAKDALE STAMPEDE CHEER RULES AND REGULATIONS

I, THE ATHLETE AND PARENT, FULLY UNDERSTAND THE RULES AND REGULATIONS SET IN PLACE FOR THE 2023 SEASON AND WILL FOLLOW THEM. WE UNDERSTAND THAT IF ANY RULES OR REGULATIONS ARE BROKEN I WILL HAVE TO FACE TO CONSEQUENCE OF THE ACTIONS.

Cheerleader (print name)

Cheerleader (signature)

Parent/Guardian (print name)

Parent/Guardian (signature)

Circle team that applies to your athlete for 2023:

VARSITY

JV

PEEWEE

ROOKIE