2024 Declaration of Athlete / Big Valley Sabres Youth Football & Cheer Organization - **Football**

I realize that it is a privilege to participate in the Sabres Youth Football program. I will follow and uphold the following rules and code of conduct:

1. I will follow all Sabres rules and regulations as set by the coaches and Sabres Executive Board. I understand that if I do not follow these rules I may not be allowed to participate in the program.
2. The Big Valley Sabres are a member of the Trans Valley Youth Football League (TVYFL) and I will follow the rules and code of conduct of that league.
3. Profanity (swearing) of any kind at practices, games, league events or any Sabre sponsored function is unacceptable and is grounds for removal from the team or cheer squad.
4. I will follow the rules of good sportsmanship at all times. I will accept losses gracefully and be a humble winner. I will follow the rules of the game and show respect to my coaches, fellow teammates, cheerleaders and cheer coaches, the opposing team and their coaches and all officials. I will not try to “coach” my teammates by correcting them; I will leave the coaching duties to the coaches. I will be an encouragement and a good example to my teammates.
5. While out in the community I will remember that I represent Big Valley. I will set an example of good citizenship and be aware of my appearance and manners at all times. If at any time I break a law, use tobacco, alcohol or any form of illegal drugs, I will be removed from the Big Valley Sabres.
6. I will attend all practices, games, team meetings and Sabre sponsored events. If I will be unable to attend or if I will be late, I will notify my coach in advance. Player/cheerleader illnesses, a death in the family or some other type of emergency are acceptable reasons for nonattendance.

Football players:

1. All helmets, pads and game pants are only on loan to me.
2. I am the only person allowed to wear equipment issued to me.
3. Equipment and uniforms are only to be worn at practices, games or other special events as designated by the coaches. I can wear my game jersey to school the Friday before a game to help encourage team spirit.
4. I assume the responsibility for the care and return of all issued equipment and uniforms.
5. If I lose any of my equipment or uniform or damage it beyond normal wear and tear, I understand that I will be responsible to pay for it. If I ever have a problem with my equipment I will report it right away to my coach or the equipment manager.
6. If I receive any injury that requires a doctor’s care I may not participate in practices or games without a doctor’s release.
7. I will not wear jewelry of any kind to practices, games or any other event that involves playing football. Not even the tiniest ear studs will be allowed for my own safety.

Game Day Procedures for Football & Cheer:

1. I am required to arrive at each game at least 1 hour before start time ready to go with all equipment and my water. If I am late I understand that it will affect my playing/cheering time and I may not be allowed to participate in the halftime performance.
2. If I am sick or running late the morning of a game I need to let my coach know as soon as possible.

_____ /_____ _____

Print Athlete Name and Date Athlete Signature

2024 Declaration of Athlete / Big Valley Sabres Youth Football & Cheer Organization - **Cheer**

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6. I will attend all practices, games, team meetings and Sabre sponsored events. If I will be unable to attend or if I will be late, I will notify my coach in advance. Player/cheerleader illnesses, a death in the family or some other type of emergency are acceptable reasons for nonattendance.

Cheerleaders:

1. Cheerleaders are required to purchase their uniforms and all accessories. (Price is determined by the TVYFL).
2. I will be required by the TVYFL to attend a one day stunt camp with my team before I will be allowed to cheer. This may be held on a Saturday or Sunday.
3. I will not be allowed to cheer at a game if I am not in my complete uniform including all required accessories.
4. My hair is to be pulled back off my face for all practices and games. I will not wear metal or plastic hair barrettes as these could injure me or a teammate during stunting.
5. I will not wear jewelry of any kind to practices, games, or any other cheer event that involves cheering and/or stunting. Not even the tiniest ear studs will be allowed for my own safety.
6. I will come dressed appropriately to all practices. Spaghetti straps are not acceptable as well as plunging neck or back lines, anything see-through or too tight, too short shorts or anything with snaps, buttons or zippers as this could injure myself or a teammate during stunting. Showing midriffs or backs is not acceptable. I will strive to be modest at all times. I will wear closed in athletic shoes to all practices.
7. If I receive any injury that requires a doctor’s care I may not participate in practices or games without a doctor’s release.
8. I can wear my uniform (with all required accessories) to school the Friday before a game to help encourage team spirit.

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2. If I am sick or running late the morning of a game I need to let my coach know as soon as possible.

_____ /_____ _____

Print Athlete Name and Date Athlete Signature