

EAST FELICIANA MIGHTY KNIGHTS CHEER HANDBOOK

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WELCOME MESSAGE AND MISSION STATEMENT

Welcome to the Mighty Knights Cheer Program!
We are thrilled to have you join our team. This handbook provides important information about our program's policies, expectations, and guidelines to ensure a safe, fun, and rewarding experience for everyone involved.

Mission Statement:
Our mission is to inspire confidence, teamwork, and discipline through the art of cheerleading. We aim to create a supportive and empowering environment where every cheerleader can grow, develop their skills, and build lasting friendships.

DEDICATION

This handbook is dedicated to the incredible volunteer coaches and parents who make our cheer program possible. Your time, effort, and commitment to our cheerleaders are the foundation of our success. Thank you for helping us create an environment where every participant can thrive.

PHILOSOPHY

The Mighty Knights Cheer Program is built on the principles of teamwork, discipline, and sportsmanship. Our goal is to promote personal growth and confidence while emphasizing skill development and team spirit. We encourage a positive, stress-free environment where cheerleaders can shine both on and off the field.

CHEER COACH ROLES AND RESPONSIBILITIES

Role of the Coach

- Coaches are mentors, leaders, and role models. Their responsibilities include:
- Creating a positive and safe learning environment.
- Encouraging skill development and teamwork.
- Promoting sportsmanship and mutual respect.
- Communicating effectively with cheerleaders and parents.

Coaches' Responsibilities and Guidelines

- Coaches are expected to:

- Be punctual and prepared for practices and performances.
- Distribute practice schedules and performance details in advance.
- Ensure first aid kits and emergency contacts are readily available.
- Provide fair opportunities for all cheerleaders to participate and grow.
- Conduct themselves professionally and respectfully at all times.

Coaches' Code of Conduct

- Uphold the philosophy that youth cheerleading is for the benefit of the participants.
- Exhibit sportsmanship in all interactions.
- Maintain a positive attitude and encourage cheerleaders to do the same.

CHEERLEADER GUIDELINES AND EXPECTATIONS

The Mighty Knights Cheerleading Program is dedicated to developing spirited athletes who excel both on and off the field. Our guidelines ensure that every cheerleader understands her role in energizing the crowd, fostering team unity, and maintaining a safe, respectful, and positive environment. By embracing discipline, teamwork, and enthusiasm, our cheerleaders elevate school spirit and set a shining example for the entire Mighty Knights community.

Cheerleader Responsibilities and Expectations

Cheerleaders are expected to:

- Listen to their coaches and respect all instructions.
- Treat teammates, coaches, and opposing teams with respect.
- Maintain their uniforms and equipment.
- Exhibit sportsmanship during practices and performances.
- Balance cheer commitments with academics and family responsibilities.

Attendance Policy

Regular attendance is crucial for personal and team success. Cheerleaders must:
• Attend all scheduled practices and games.
• Notify the coaching staff in advance if unable to attend.
• Understand that consistent attendance is essential for skill development and team cohesion.

Code of Conduct

A positive atmosphere on and off the field is vital. Cheerleaders should:
• Maintain high standards of sportsmanship.
• Follow all instructions from coaches and respect officials' decisions.

• Refrain from any behavior that disrupts team harmony or undermines the program's values.
• Represent the Mighty Knights with integrity and pride.

Required Equipment

Proper equipment is mandatory. The following equipment is required:

- White cheer shoes (any brand of choice)
- Water bottle (labeled with name)

PARENT GUIDELINES

The Mighty Knights program values parental support and involvement to create a positive and enriching experience for all participants. The following guidelines help ensure a successful collaboration between parents, coaches, and cheerleaders:

Parent Orientation Meeting

Parents are encouraged to attend an orientation meeting at the beginning of the season. This meeting will:

- Introduce the program's philosophy, mission, and expectations.
- Provide an overview of team rules, safety protocols, and schedules.
- Introduce the coaching staff and outline their roles.
- Address questions or concerns and provide clarity on participation requirements.

Parent Responsibilities

Parents are expected to:

- Encourage their children to show respect, sportsmanship, and commitment.
- Ensure cheerleaders arrive on time and are properly equipped for practices and games.
- Stay informed by regularly checking team communications via email, messaging apps, or social media updates.
- Support the team by volunteering when opportunities arise (e.g., snacks, transportation, events).

Volunteer Hours

- Families are expected to volunteer each season at minimum of 3 hours in team activities (e.g., events, concessions, gate admissions, etc.) Hours can be spread across the season.

Game Day Conduct

To maintain a positive environment, parents should:

- Cheer respectfully for all players, avoiding negative or critical comments.
- Refrain from coaching from the sidelines to allow the coaching staff to lead effectively.
- Respect referees' decisions and avoid confrontations.
- Lead by example in demonstrating sportsmanship and teamwork.

Communication Protocol

Open and respectful communication is key to resolving any concerns:

1. For general inquiries, contact the Team Manager.
2. For coaching-related matters, address concerns with the Head Coach.
3. For unresolved issues, escalate to the Team Manager, Ashley Rogillio.

Official communications will be shared via:

- Email and the team messaging app.
- The Mighty Knights Private Facebook Group and/or Public Page for announcements.

Safety and Support

Parents play a crucial role in cheerleader safety and well-being by:

- Informing coaches of any health concerns or injuries.
- Encouraging proper hydration, nutrition, and rest for their children.
- Supporting a balanced schedule to ensure sports do not interfere with academics or family time.

By adhering to these guidelines, parents contribute to a supportive and enjoyable experience for all participants in the Mighty Knights program.

SAFETY POLICIES

The health, safety, and well-being of cheerleaders are the top priorities of the Mighty Knights program. Coaches, parents, and cheerleaders must work together to maintain a safe environment.

General Safety Guidelines

- Coaches will supervise all practices and performances.
- Cheerleaders must use appropriate footwear and follow safety protocols.
- Injuries must be reported immediately to the coach.

Emergency Preparedness

- A first aid kit will be available at all practices and games.

- Emergency contact information for each cheerleader will be on hand at all times.
- In the event of an injury, the coach will assess the situation and seek appropriate medical assistance.
- An incident report will be completed for any significant injuries or safety concerns.

Concussion Awareness and Management

Concussions are a serious concern in youth sports. The Mighty Knights program adheres to the following protocols:

1. **Education:** All cheerleaders, parents, and coaches will review concussion education materials to recognize the signs and symptoms of a concussion.
2. **Immediate Action:** If a cheerleader is suspected of having a concussion:
    - They will be removed from activity immediately.
    - They will not return to activity until cleared by a qualified medical professional.
3. **Return to Play:** Cheerleaders diagnosed with a concussion must follow a step-by-step process for returning to play, as outlined by a healthcare provider.

Health and Hygiene

- Cheerleaders should bring their own water bottles and avoid sharing to prevent the spread of illness.
- Proper hygiene practices, including handwashing and equipment cleaning, are encouraged.
- Cheerleaders and coaches should stay home if they are sick to avoid exposing others.

By adhering to these safety policies, we can ensure a secure and supportive environment that prioritizes the well-being of all participants in the Mighty Knights program.

COMPLAINT AND DISPUTE RESOLUTION

To ensure a respectful and professional environment, the Mighty Knights program has established clear procedures for addressing complaints and resolving disputes. All concerns will be handled promptly and fairly to maintain a positive experience for everyone involved.

Step 1: Address the Concern Directly

- If an issue arises, parents or cheerleaders should first address the concern directly with the individual involved (e.g., coach, team manager).
- Conversations should occur privately and at an appropriate time, avoiding heated exchanges during games or practices.

Step 2: Escalate to the Head Coach

- If the issue remains unresolved, the concern can be escalated to the Head Coach.

- The Head Coach will review the situation and work to mediate a resolution that aligns with the program's policies and values.

Step 3: Contact the Team Manager

- For unresolved matters, the Team Manager will step in as the final point of contact.
- The Team Manager will conduct an impartial review and work collaboratively with all parties to resolve the dispute.

Guidelines for Effective Communication

- Concerns should be raised promptly—ideally within 48 hours of the incident—to ensure timely resolution.
- All communication should be respectful and focused on finding a solution. Abusive or disrespectful language will not be tolerated.

Resolution Process

- The resolution process may involve gathering input from all parties, reviewing relevant policies, and determining a fair outcome.
- Decisions made by the Team Manager are considered final.

Confidentiality

- All complaints and disputes will be handled with discretion to protect the privacy of those involved.

By following this structured approach, we aim to foster a culture of open communication, mutual respect, and continuous improvement within the Mighty Knights program.

PRACTICE AND PERFORMANCE GUIDELINES

The Mighty Knights program establishes clear guidelines for practices and games to ensure a productive, safe, and enjoyable environment for all participants.

Attendance and Punctuality

- Cheerleaders must arrive at least 15 minutes before the scheduled start time for practices and games.
- If a cheerleader cannot attend, parents should notify the coach in advance.

Preparedness

- Cheerleaders should come dressed in appropriate practice attire with proper footwear.
- Personal items should be labeled and organized.

Behavior and Respect

- Cheerleaders are expected to treat coaches, teammates, and staff with respect.
- Parents and spectators are encouraged to cheer positively and refrain from negative comments.
- Unsportsmanlike behavior, including taunting or arguing, will not be tolerated.

Effort and Participation

- Cheerleaders are expected to give their best effort at all times.
- Teamwork and a positive attitude are essential.

Safety

- All participants must follow safety protocols.
- Any injuries or health concerns should be reported to a coach immediately.
- Cheerleaders must hydrate adequately before, during, and after activities.

Sideline Conduct

- Cheerleaders must remain attentive and supportive during games.
- Avoid distractions and follow coach's instructions.
- Teammates are expected to support one another and represent the Mighty Knights with integrity.

Parental Support

- Parents should ensure cheerleaders are punctual, prepared, and equipped for all activities.
- Spectators are encouraged to provide positive encouragement and uphold the program's values of respect and sportsmanship.

By adhering to these guidelines, we can ensure practices and games are successful and foster a supportive environment for growth and teamwork.

ATTENDANCE, PUNCTUALITY, AND EXPECTATIONS

Consistent attendance and punctuality are vital to the success of the Mighty Knights program. These guidelines ensure that all participants contribute to team cohesion, skill development, and a positive experience.

Attendance Requirements

- Cheerleaders are expected to attend all scheduled practices, games, and team meetings.

- Absences must be communicated to the coach in advance, along with the reason for the absence.

Punctuality

- Cheerleaders must arrive at least 15 minutes before the start of practices and games to allow adequate time for preparation.
- Being on time demonstrates commitment and respect for the team and coaching staff.

Expectations for Cheerleaders

- **Preparedness:** Cheerleaders should bring all necessary gear, including water bottles.
- **Engagement:** Cheerleaders must actively participate in all drills, activities, and team discussions.
- **Respect:** Cheerleaders must treat teammates, coaches, and officials with respect and follow all instructions promptly.
- **Safety:** Cheerleaders are expected to prioritize their well-being and report any injuries or health concerns immediately.

Expectations for Parents

- Ensure that Cheerleaders arrive on time, properly dressed, and equipped.
- Communicate any scheduling conflicts or absences to the coach as early as possible.
- Support the team by promoting punctuality, discipline, and respect.

By adhering to these guidelines, cheerleaders and parents contribute to a positive and effective environment that promotes the values of teamwork, discipline, and sportsmanship.

SIDELINE CONDUCT

The Mighty Knights program promotes a positive and respectful atmosphere both on and off the field. Proper sideline behavior from cheerleaders, parents, and spectators is essential for maintaining sportsmanship and team integrity.

Cheerleader Sideline Conduct

- Cheerleaders on the sideline must remain attentive to the game and supportive of their teammates.
- Follow the instructions of the coaching staff at all times.
- Stay engaged by observing gameplay and preparing to re-enter the game if needed.
- Avoid negative comments or distractions that may disrupt the focus of others.

Parent and Spectator Sideline Conduct

- Cheer positively for all players and teams, focusing on encouragement rather than criticism.
- Refrain from coaching or instructing cheerleaders during games to avoid conflicting with coaches' strategies.
- Avoid arguing with referees or engaging in negative interactions with opposing teams or spectators.
- Respect the decisions made by the coaching staff and officials.

General Guidelines for All

- Maintain a family-friendly environment by refraining from using inappropriate language or gestures.
- Adhere to all facility rules and policies, including seating and behavior guidelines.
- Address any concerns respectfully and through the proper communication channels after the game or practice.

By modeling positive sideline conduct, cheerleaders, parents, and spectators help foster a supportive environment that prioritizes teamwork, respect, and the spirit of the game.

HARDSHIP ASSISTANCE POLICY

The Mighty Knights Organization is committed to making our program accessible to families facing financial challenges. To ensure fairness and sustainability, hardship assistance is available under the following guidelines:

Eligibility

Families experiencing financial hardship may request assistance with registration fees.

Request Process

Parents should confidentially contact the Team Manager to request assistance. Requests are reviewed by the Board and decisions are typically made within 7 days.

Recipient Responsibilities

Families receiving assistance agree to:

- Volunteer during the season when able
- Participate in team fundraisers
- Ensure regular player attendance at practices and games
- Maintain good standing with the organization

Assistance Terms

- Assistance is subject to available funds.
- Assistance applies to one season only.
- A new request must be made each season.
- Failure to meet participation expectations may affect future eligibility.

Failure to meet these expectations will affect eligibility for future hardship assistance and will be reviewed by the Board on a case-by-case basis.

Please reach out to the team manager for more information at mightyknightsfootball@gmail.com

REQUIRED

1. **Submit all the following forms in addition to:**
    - **Birth Certificate Requirement (Copy of BC only- Email to mightyknightsfootball@gmail.com)**

Submission Guidelines

- All forms must be completed accurately and submitted within one week of registering online.
- Copies of the birth certificate should be provided in either physical or digital format. A copy can be emailed to mightyknightsfootball@gmail.com and please put your child's name in the subject line.
- If assistance is needed to complete the forms or gather the necessary documents, please contact the Team Manager, Ashley Rogillio.

By ensuring all required forms and documents are submitted, we can provide a secure and organized environment for every participant.

Cheerleader Information Form

Cheerleader Information

Full Name: _____

Date of Birth: _____

Address: _____

City, State, ZIP Code: _____

Phone Number: _____

School: _____

Grade: _____

Medical History

Allergies: _____

Current Medications: _____

Past Injuries (Please include dates):

_____

Any known medical conditions:

_____

Are there any restrictions on physical activity? (If yes, please specify):

_____

Parent/Guardian Information

Parent/Guardian 1 Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Address (if different from cheerleader's):

_____

Parent/Guardian 2 Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Address (if different from cheerleader's):

_____

Emergency Contact Information (Other than Parent/Guardian)

Emergency Contact Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Physician Contact Information

Physician's Full Name: _____

Physician's Phone Number: _____

Physician's Address: _____

Consent and Agreement

I hereby give permission for my child to participate in the youth football cheer program. I understand that cheerleading is a physical sport and there are inherent risks involved. I have provided accurate and complete information regarding my child's medical history.

Parent/Guardian Signature: _____

Date: _____

Sports Liability Waiver (Informed Consent)

Liability Waiver and Informed Consent

Participant's Name: _____

Parent/Guardian's Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Acknowledgment of Risk and Consent to Participate

I, the undersigned, as the parent/guardian of the above-named participant, acknowledge and understand that participation in cheerleading involves the risk of injury, including but not limited to, concussions and other injuries. I acknowledge that:

1. Cheerleading is a physical activity that inherently involves a risk of injury.
2. Injuries, including concussions, can occur despite proper equipment, safe techniques, and coaching.

3. Concussions are serious and can have long-term health consequences if not properly managed.

Assumption of Risk

I voluntarily agree to allow my child to participate in youth cheerleading and assume all risks, known and unknown, associated with the activity. I understand that while efforts will be made to ensure the safety and well-being of all participants, injuries can and do occur.

Consent for Medical Treatment

In the event of an injury, I consent to my child receiving appropriate medical treatment. I understand that it is my responsibility to inform the coach and medical personnel of any pre-existing medical conditions or concerns.

Concussion Awareness

Cheerleading involves physical activity that may result in head injuries, including concussions. The Mighty Knights Cheer Program takes concussion awareness and prevention seriously. I have received and read the Concussion Education Materials provided by the team. I understand:

1. The nature and risks of concussions.
2. The symptoms of concussions and the importance of recognizing them.
3. The procedures for responding to suspected concussions, including the action plan of removing the athlete from play and seeking medical attention.
4. The necessity of obtaining written clearance from a licensed physician before my child can return to play after a suspected concussion.

Liability Waiver

In consideration of allowing my child to participate in youth cheerleading, I, on behalf of myself and my child, hereby release, waive, and discharge the team, its coaches, volunteers, and affiliated organizations from any and all liability for injuries, including concussions, that may occur during participation in practices, performances, or other activities associated with the team.

Agreement to Follow Protocols

I agree to follow all team protocols and procedures related to injury prevention, recognition, and management, including those specifically related to concussions. I understand that failure to comply with these protocols may result in my child being removed from participation for their safety.

Confirmation of Informed Consent

By signing below, I confirm that I have read and understand this waiver and the Concussion Education Materials. I acknowledge the risks involved in youth football and agree to the terms

outlined above. I confirm that I have informed my child of these risks and the importance of following safety protocols.

Parent/Guardian Signature: _____

I have received a copy of the Concussion Education Materials for Mighty Knights Youth Football Team.

Parent/Guardian Initials: _____

Date: _____

Participant's Signature (if 12 years or older): _____

Date: _____

Coach's Signature: _____

Date: _____

This waiver is intended to be legally binding. If any part of this document is found to be invalid, the remaining provisions shall remain in effect.

Concussion Education Materials for Cheerleading

Introduction

Concussions are a serious concern in youth cheerleading. As participants, parents, and coaches, it is essential to understand the risks, prevention methods, symptoms, and recovery process associated with concussions. This guide aims to provide comprehensive information to ensure the safety and well-being of our cheerleaders.

1. Understanding Concussions

A concussion is a type of traumatic brain injury (TBI) caused by a blow to the head or body, a fall, or another incident that jars or shakes the brain inside the skull. Concussions can have serious, long-term consequences if not properly managed.

Potential Consequences:

- Memory problems
- Difficulty concentrating
- Mood changes
- Headaches
- Dizziness
- Long-term cognitive impairment

2. Prevention and Preparedness

While it is impossible to eliminate the risk of concussions entirely, the following steps can help minimize the risk:

a. Proper Equipment:

- Use proper mats, safety gear, and spotters during stunts and tumbling.
- Ensure all equipment is in good condition and set up safely.

b. Safe Techniques:

- Teach proper tumbling, stunting, and dismount techniques.
- Prohibit dangerous stunts or techniques that exceed the team's skill level.
- Always use trained spotters for stunts.

c. Educate and Train:

- Educate cheerleaders, parents, and coaches about the risks of concussions.
- Train coaches to recognize and respond to concussion symptoms.

d. Environment:

- Ensure practice and performance surfaces are appropriate, level, and well-maintained.
- Monitor weather conditions to avoid heat-related stress or icy surfaces.

3. Recognizing Concussion Symptoms

Symptoms of a concussion may not appear immediately and can vary. Prompt recognition and response are crucial.

Common Symptoms:

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy
- Confusion or memory problems
- Feeling "off" or unusually emotional

4. How to Respond to a Suspected Concussion

If a concussion is suspected, follow this action plan:

a. Remove the Cheerleader from Activity:

- Immediately stop participation in stunts, tumbling, or other physical activities.
- Do not allow the cheerleader to return to practice or performance the same day.

b. Seek Medical Attention:

- Have the cheerleader evaluated by a healthcare professional experienced in treating concussions.
- Follow all medical advice and instructions.

c. Obtain Written Clearance:

- Require written clearance from a licensed physician before the cheerleader can return to activity.

d. Inform and Educate:

- Inform the cheerleader's parents/guardians about the injury.
- Provide resources on concussion symptoms and recovery steps.

e. Monitor Symptoms:

- Observe the cheerleader for ongoing symptoms over the next several days.
- Avoid physical and cognitive activities that could worsen symptoms.

5. Steps for Returning to Activity

Returning to cheerleading after a concussion should follow a gradual, physician-approved protocol:

a. Rest and Recovery:

- Full rest from physical and mental activities until symptoms resolve.

b. Gradual Return-to-Play Protocol:

1. Symptom-Limited Activity: Light physical activities, such as walking.
2. Light Aerobic Exercise: Moderate intensity activities that do not provoke symptoms.
3. Non-Stunting Activity: Begin basic cheer movements (no stunts or tumbling).
4. Stunt Practice with Spotters: Gradual introduction of stunting and tumbling with safety measures.
5. Full Practice: Resume regular practice and activities.
6. Return to Performance: Participate fully in performances and competitions.

c. Monitoring and Assessment:

- Continuously monitor symptoms during each step.
- Ensure a healthcare professional evaluates the cheerleader before full return.

Conclusion

Understanding and managing the risk of concussions is crucial in youth cheerleading. By focusing on prevention, recognizing symptoms, responding appropriately, and following a structured return-to-activity protocol, we can help keep our cheerleaders safe and healthy.

For More Information:

- CDC Heads Up: Concussion in Youth Sports
- USA Cheer: Concussion Awareness and Education
- National Federation of State High School Associations (NFHS): Concussion Resources

By staying informed and proactive, we can minimize the risk of concussions and promote a safer environment for all participants in our cheerleading program.

Attendance Policy

Purpose:

To ensure consistent attendance at practices and games, promoting team cohesion, skill development, and a strong work ethic among cheerleaders.

1. Policy Overview

This policy outlines the expectations for cheerleader attendance at practices and games, as well as the consequences for unexcused absences.

2. Attendance Expectations

Practices: Cheerleaders are expected to attend all scheduled practices. Regular attendance is crucial for the development of individual skills and team dynamics.

Games: Cheerleaders are required to attend all scheduled games. Missing games disrupts team performance and affects overall team morale.

3. Reporting Absences

Excused Absences: Parents or guardians must notify the coach at least 24 hours in advance if a cheerleader will be absent due to illness, family emergencies, or other valid reasons.

Unexcused Absences: Failure to notify the coach in advance will result in the absence being considered unexcused.

4. Consequences for Unexcused Absences

First Offense: The cheerleader will receive a verbal warning and a reminder of the attendance policy.

Second Offense: The cheerleader will be benched for the next game.

Third Offense: The cheerleader will be suspended from participating in two consecutive games.

Fourth Offense: A meeting will be held with the cheerleader, parents, and coaching staff to discuss further disciplinary actions, which may include suspension for the remainder of the season.

5. Tardiness

Cheerleaders are expected to arrive on time for practices and games. Repeated tardiness will be addressed as follows:

First Offense: Verbal warning.

Second Offense: Additional conditioning or practice drills.

Third Offense: No activity for part of the next game.

6. Communication and Documentation

All absences and tardiness will be documented by the coaching staff.

Parents and cheerleaders will be informed of their attendance status and any resulting consequences in a timely manner.

7. Special Circumstances

Special circumstances that may affect attendance will be considered on a case-by-case basis. The coaching staff will work with families to find reasonable solutions.

8. Review and Acknowledgment

This policy will be reviewed with all cheerleaders and parents at the beginning of each season.

Cheerleaders and parents must sign an acknowledgment form indicating they understand and agree to the attendance policy and its consequences.

Acknowledgment:

I have read and understand the East Feliciana Mighty Knights Attendance Policy. I agree to adhere to the attendance requirements and understand the consequences for unexcused absences and repeated tardiness.

Participant Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

Code of Conduct

As a participant in the Mighty Knights Cheer Program, I agree to uphold the following standards of conduct:

1. **Respect:** I will show respect towards coaches, teammates, opponents, officials, and spectators at all times. I will use positive language and behavior, fostering a supportive environment.
2. **Sportsmanship:** I will demonstrate good sportsmanship and refrain from any form of bullying, taunting, or negative behavior. I will cheer positively and encourage my teammates, both during practices and performances.
3. **Commitment:** I will attend all practices, performances, and events on time, fully prepared and dressed appropriately for participation. I will strive to meet the expectations of my team and coaches.
4. **Integrity:** I will perform fairly, follow all rules, and represent the Mighty Knights Cheer Program with honor, both on and off the field.
5. **Responsibility:** I will take care of my uniform, equipment, and personal items. I will treat the practice facilities, performance venues, and other team environments with respect.
6. **Communication:** I will communicate respectfully with my coaches, teammates, and parents. I will address any concerns or issues appropriately through the proper channels, maintaining a positive and constructive attitude.

I understand that failure to adhere to this Code of Conduct may result in disciplinary actions, including suspension or dismissal from the team.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Parent/Guardian Signature: _____

Mighty Knights Media Release Form

I, the undersigned, hereby grant the Mighty Knights organization permission to use my child's name, likeness, image, voice, and/or appearance as may be embodied in any photos, videos, or audio recordings taken during Mighty Knights events or activities. This includes, but is not limited to, promotional materials, social media posts, newsletters, and website publications.

I understand and agree that:

- These materials may be used for a variety of purposes including promotional efforts and event documentation.
- I will not receive any compensation for the use of these materials.
- My child's participation and name may be revealed in descriptive text or commentary.

I further release and hold harmless the Mighty Knights organization, its representatives, and volunteers from any claims, demands, or causes of action arising out of the use of these materials.

This consent is granted indefinitely unless revoked in writing.

Participant's Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Contact Information: Phone: _____

Email: _____

☐ I do not consent to the use of my child's image or likeness in any media materials produced by the Mighty Knights organization.

Practice Conduct & Post-Practice Procedures

To ensure a safe and organized environment for all participants, the following rules must be followed during and after practice:

Post-Practice Dismissal

- After practice, all players and cheerleaders must gather their personal belongings and equipment and head directly home or to their guardian.
- No lingering, horseplay, or loitering in the practice area, parking lot, or surrounding areas.
- Coaches and staff are not responsible for supervising children after practice ends.

No Horseplay Policy

- Horseplay is strictly prohibited at all times, including during water breaks.
- Players and cheerleaders should take water breaks seriously, hydrate, and return to practice promptly.
- Water bottles must be kept in designated areas and should not be left scattered around the practice field.

Late Pickup Policy

- Parents/guardians must pick up their child on time after practice.
- If a parent leaves and returns, they must arrive by the scheduled dismissal time.
- Late Pickup Fees:

- First offense: Verbal warning
- Second offense: $10 late fee
- Third offense: $20 late fee and suspension from practice and games until the fee is paid

Tardy Policy

- Players and cheerleaders are expected to arrive on time for practice.
- After three tardies, the player or cheerleader will face disciplinary action as determined by the coaching staff.

Cell Phone Policy

- **No cell phones are allowed during practice or water breaks.**
- If a player or cheerleader brings a cell phone to practice, it must remain stored away and not used during practice.
- If a phone is used during practice, it will be collected by the coach and returned after practice.

By signing, parents and participants acknowledge these rules and agree to adhere to them.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____

Guest Entry Policy

Purpose:

To ensure the safety and well-being of all players, coaches, families, and spectators, the Mighty Knights Youth Football & Cheer program enforces the following guest entry policy at all team events, including practices, games, and fundraisers.

1. Restricted Entry & Removal

a. Any individual with a valid restraining order or legal restriction against them in relation to a player, coach, or team member will not be allowed entry to team events.

b. Individuals who have been involved in prior disruptions, altercations, or have been notified by team leadership that they are no longer welcome may also be denied entry.

c. Any guest refusing to leave when asked will result in law enforcement being contacted immediately.

2. Enforcement Process

a. Parents or guardians who have obtained a restraining order must provide a copy to team leadership before the event.

b. Team leadership will coordinate with the venue staff, security personnel, or local law enforcement to enforce the order as needed.

c. Gate attendants and volunteers will be given clear instructions on who is restricted from entry and how to escalate concerns.

3. General Conduct & Safety

a. All attendees must conduct themselves respectfully.

b. Any behavior deemed threatening, aggressive, or disruptive will result in removal from the premises.

c. Law enforcement may be called at the discretion of team leadership for any situation that poses a safety risk.

4. Compliance with Venue Policies

a. As we utilize facilities such as Slaughter Community Charter School, all attendees must comply with school policies in addition to team policies.

b. The team reserves the right to modify or enforce additional entry restrictions in coordination with venue administrators.

5. Final Authority

Decisions regarding entry and removal are at the sole discretion of the Mighty Knights Board of Directors and coaching staff in accordance with legal guidelines.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____

End-of-Season Banquet Eligibility Policy

Purpose

The end-of-season banquet is a celebration of dedication, teamwork, and commitment. Attendance at this event is a privilege earned by completing the full season and fulfilling all team responsibilities.

Policy Statement

To be eligible to attend the end-of-season banquet, all football players and cheerleaders must complete the full season for their respective team.

Eligibility Requirements

Participants must meet **all** of the following to attend:

1. **Season Completion**
   Participants must remain active through the final scheduled game, competition, or performance of the season.
2. **Participation & Commitment**
   Participants are expected to:
   - Attend required practices, games, performances, and meetings
   - Follow team rules and conduct standards
   - Remain in good standing with coaches and administration

3. **Excused Circumstances**
   A participant who is unable to complete the season due to a documented and approved reason (such as medical injury or family emergency) may remain eligible with:
   - Written notice to the Head Coach/Team Administrator
   - Supporting documentation (doctor's note, etc.)
   - Administrative approval
4. **Ineligibility**
   A participant will **not** be eligible to attend the banquet if they:
   - Quit the team
   - Withdraw without approved documentation
   - Are removed for disciplinary reasons
   - Fail to complete the season without approval
5. **Final Eligibility Determination**
   The official end-of-season roster will be finalized after the last scheduled event. Only eligible participants on this roster may attend the banquet.

Policy Enforcement

This policy will be enforced consistently for all football and cheer participants to ensure fairness, accountability, and respect for team commitment.

End-of-Season Banquet Policy Agreement

I acknowledge that I have read, understand, and agree to comply with the End-of-Season Banquet Eligibility Policy for the East Feliciana Mighty Knights Football and Cheer Program.

I understand that failure to complete the season without an approved and documented excuse will result in ineligibility to attend the end-of-season banquet and related recognition events.

Participant Information

Participant Name: _____

Parent/Guardian Information

Parent/Guardian Name: _____

Signature: _____

Date: _____