

## Participant Contract for Football and Cheerleaders

Welcome to Yreka Jr Miner Football & Cheerleading Association (JMF)!

Our goal is that your experience with JMF be a fun and positive one. As a member of the JMF organization, there are a few rules and guidelines that you must understand and honor. JMF believes these rules and guidelines will provide a safe, fun and fair season for every participant.

1. I understand that being a Jr Miner is a privilege and I agree to uphold the high standards of the JMF Association. I will try my best to control myself at all times and to treat others with courtesy and respect, even if it's hard sometimes.
2. I understand that my behavior as a Jr Miner is important both on and off the field, in and out of uniform. I will try to be friends with my teammates at school and in class. If I cannot be friends, I will try to avoid any conflict or trouble.
3. I agree to follow the instructions and directions of the JMF Coaches without question. I understand that I am part of a team and will always keep the team's needs before my own. I understand that failure to follow direction exactly may result in a safety issue for me or my teammate, and I could be hurt if I do not listen or follow direction.
4. I will encourage my teammate's efforts and never criticize their mistakes. I will always treat opposing teams with sportsmanlike behavior no matter who wins or loses.
5. I promise to be in bed at a reasonable time – no later than 10:00 p.m. - the night before all games, so that I am alert and physically rested on game day.
6. I agree to take care of the equipment that I receive. I understand it is my responsibility to keep track of my equipment and return the equipment at the end of the season or I will not receive my trophy and my parents will have to pay for the lost gear. If I lose gear during the season, I will have to buy new gear and repay JMF.
7. I understand that disruptive or disrespectful behavior and failure to follow instructions are grounds for my discipline which may include additional physical conditioning at my coaches request; apologizing; not being able to play, up to dismissal from the JMF program.
8. I understand that part of any success also means I have to pay attention in school. I need to attend school, do my homework, turn it in and try hard on tests. I understand that I may not be able to play at practice or a game if my grades are not passing. I understand Education is key to my success both on and off the field.
9. I agree to not drink Energy Drinks (ie Monsters, Redbulls, 5hr Energy, etc.) before and game or practice as it can cause permanent heart damage or death. I understand that if a JMF member sees me with an energy drink I could be immediately benched.

By signing I certify that I have read and agree with statements listed above and I promise to abide by this contract and do my best to uphold the rules.

Signature \_\_\_\_\_

Date \_\_\_\_\_