



SEAHAWKS YOUTH CHEER

OFFICIAL COACH PACKET

TOGETHER WE SOAR. 11 AS 1.

PROGRAM COACHING PHILOSOPHY

Seahawks Youth Cheer is committed to developing disciplined, confident, and fundamentally sound athletes in a safe and positive environment. Coaches are expected to prioritize athlete development, safety, teamwork, and sportsmanship.

SECTION 1 | COACH RESPONSIBILITIES

- Plan structured, purposeful practices
- Provide equal opportunity for learning and development
- Maintain professional communication with parents and athletes
- Represent Seahawks Youth Cheer positively in the community
- Teach safe techniques aligned with NFHS Spirit guidelines, ensuring all stunts, tumbling and conditioning activities are age-appropriate and skill-appropriate.
- Use proper spotting techniques at all times
- Prohibit unsafe stunts to punishment based conditioning
- Maintain adequate coach to athlete ratios with at least one Stunt certified coach present at all times.
- Model leadership, composure, and accountability
- Provide positive instruction and encouragement
- Support long-term athlete development

SECTION 2 | PLAYER SAFETY REQUIREMENTS & RISK MANAGEMENT

- WIAA Hands on stunting certification required for all cheer squad coaches
- Background check
- Concussion awareness, heat illness prevention and CPR certification training
- Emergency action planning for all practices and games
- Respecting safe stunting progression standards in Washington State

SECTION 3 | SIDELINE CONDUCT STANDARDS

- Demonstrate composure and professionalism
- Respect officials and opponents
- Avoid profanity or unsportsmanlike behavior
- Use positive coaching techniques
- Report any unauthorized person to our Field Administrator as soon as spotted at any games

SECTION 4 | PRACTICE STRUCTURE EXPECTATIONS

Practices should include dynamic warm-ups, fundamental skill development, group squad drills, and a positive closing message.

SECTION 5 | CHEER SAFETY & SKILL INSTRUCTION (NFHS)

- All stunts, pyramids, tosses, and dismounts must comply with current NFHS Safety Rules.
- Skills shall be taught using proper progressions and performed only with appropriate spotters.
- Coaches shall not permit athletes to perform skills beyond their demonstrated ability level.
- Unsafe surfaces, inadequate supervision, or improper ratios shall prohibit stunt execution.

SECTION 6 | GAME DAY EXPECTATIONS

- Professional sideline demeanor
- Ensure no stunts happening while the ball is in play
- Ensure cheerleader participation
- Promote sportsmanship with opponents and spectators

SECTION 7 | PARENT COMMUNICATION PROTOCOL

Provide weekly/frequent communication regarding schedules and expectations. Address concerns respectfully in private. The team communication platform is not the appropriate place to air grievances.

SECTION 8 | CONFLICT RESOLUTION PROCESS

- Step 1 — Discuss concern with Head Coach
- Step 2 — Escalate to Cheer President
- Step 3 — Review by Seahawks Sports Association leadership

SECTION 9 | WEATHER & EMERGENCY POLICIES

- Lightning results in immediate suspension of any outdoor activity
- Extreme heat requires hydration breaks and modifications and possible practice cancellation if heat index surpasses allowed conditions.
- In emergency medical situations activate EMS and emergency plan immediately.

SECTION 10 | INJURY REPORTING PROCEDURES

All injuries must be documented. Concussion symptoms require immediate removal and medical clearance. Please email the president to report practices or game injuries at ADMIN@SeahawksYouthCheer.org after each game.

SECTION 11 | MEDIA RELEASE AUTHORIZATION

I grant permission to Seahawks Sports Association to:

- Photograph and video record me during practices, games, and events
- Use images, video, and likeness for:
 - Website and social media
 - Promotional and marketing materials
 - Fundraising and sponsorship campaigns
 - Program highlights and community outreach

I understand:

- No compensation will be provided
- Media may be used indefinitely unless revoked in writing
- Seahawks Sports Association and their teams will use media respectfully and appropriately

SECTION 12 | DRONE & GAME FILM CONSENT

I acknowledge that SSA may use:

- Drone footage
- Sideline filming
- Game film for coaching, training, and promotional use

I grant permission for:

- Recording of athletes and participants during events
- Use of footage for development, marketing, and program promotion

SSA agrees to:

- Operate drones safely and responsibly
- Avoid inappropriate or misleading use of footage
- Respect athlete privacy and dignity

SECTION 13 | RELEASE OF LIABILITY

I release Seahawks Sports Association (to include Seahawks Youth Football and Cheer), its coaches, volunteers, and affiliates from any claims related to:

- Use of media
- Participation in football activities
- Standard program operations

SECTION 14 | SEAHAWKS YOUTH CHEER COACH CODE OF CONDUCT AGREEMENT

COACH NAME: _____

COACH SIGNATURE: _____

DATE: _____

This document must be signed and returned to Seahawks Youth Football by email to ADMIN@SeahawksYouthCheer.org each season.

COACH CREDENTIAL CHECKLIST

All items on this list must be either filled out online or printed, signed and returned to SYC via email at ADMIN@SeahawksYouthCheer.org.

❑ **Seahawks Sports Association Registration Form**

Found online at SeahawksYouthCheer.org/coach

❑ **Completed Background Check Form**

Application is found online at SeahawksYouthCheer.org/coach

❑ **Signed Coach Code of Conduct** (This form)

❑ **Signed WSYFL Coach Pledge**

Official Document Found Here: <https://www.wsyfl.org/wsyfl-by-laws-rules>

❑ **WIAA Stunting Certification**

Link to training is found online at SeahawksYouthCheer.org/coach

❑ **NFHS Concussion Awareness & Heat Illness Prevention**

Link to training is found online at SeahawksYouthCheer.org/coach

❑ **CPR TRAINING**

Only two coaches per squad need to have this training. Please check with your squad to ensure adequate coverage.

WEST SOUND YOUTH FOOTBALL LEAGUE

COACH PLEDGE

NAME: _____

YEAR: _____

AFFILIATED ORGANIZATION: Seahawks Sports Association Youth Cheer

CHEER SQUAD: _____

WSYFL AGREEMENT

(Found Here: <https://www.wsyfl.org/wsyfl-by-laws-rules>)

By my signature below, I pledge to:

1. Abide by the by-laws, general rules, and playing rules of the **West Sound Youth Football League (WSYFL)**.
2. Conduct myself in a mature and sportsmanlike manner to promote the objectives of youth football & cheer, including good sportsmanship, honesty, loyalty, courage, respect, and community.
3. Refrain from the use of profanity or any behavior that could negatively influence youth athletes.

Furthermore, recognizing that the safety and well-being of athletes is of the highest importance, I pledge to:

4. Make every effort to learn and implement proper training techniques to minimize the chance of injury through conditioning, instruction, and supervision.
5. Understand that if charged with violation of this pledge, I may be required to appear before the WSYFL League Board to address the matter.

ZERO-TOLERANCE DISCIPLINARY PROTOCOL

No inappropriate behavior will be tolerated at any time by anyone associated with WSYFL. All players, coaches, parents, and spectators are required to conduct themselves appropriately to promote a safe and rewarding experience.

Officials will assess ejection for unsportsmanlike conduct whenever a coach:

- Excessively disputes or argues decisions by officials
- Uses obscene or vulgar language
- Engages in misconduct before, during, or after a game

Any individual ejected from a game:

- Is suspended for the remainder of that game
- Will also be suspended for the next scheduled game

A second ejection results in:

- Suspension for the next three games

A third ejection results in:

- Suspension for the remainder of the season
- Mandatory review by the WSYFL League Board

There shall be no exceptions to these rules.

I acknowledge that WSYFL has the authority to restrict or remove me as a football coach.

COACH SIGNATURE: _____

DATE: _____