

Cheer Team Expectations

1. Show up ready to practice. Practice clothes consist of t-shirt or tank top, athletic shorts or pants, and tennis shoes. Hair pulled back and off face. (black & red colors preferred)
2. Be on time to practice! Let your coach know if you are going to be missing practice. Each girl that is late without notice will have additional conditioning.
3. Come with a positive attitude and mindset. You are in control of your attitude!
4. We will be conditioning! Building strength and endurance is a key competency for a successful Cheerleader.
5. ALWAYS treat all teammates, coaches, and parents with respect. Coaches will “bench” a cheerleader depending on behavior and attitude during practices and games. This also applies to behavior and attendance in school.
6. Follow the “I Can’t” Rule. For every time a person says “I Can’t” there will be a minimum 10 reps of conditioning.
7. Arrive at games on time, dressed out, and ready to go! Bring all pieces to each game.
8. Speak kindly of others. No gossiping or bad mouthing.
9. Parents need to be engaged in their child’s cheer. I have an open door policy. Please come directly to coaches with any questions or concerns.
10. Cheer is a high-energy sport, be proud, try your best, and most of all HAVE FUN!

No Gum Chewing

No Jewelry (unless for medical or religious purposes, which must be taped to the skin)

No Long Fingernails

No Bobbi pins

No excessively loose clothing

Cheerleader Signature: _____

Parent Signature: _____

Coach Signature: _____

Date: _____