

# Cheer expectations

1. Show up to practice/games ready to go!
2. No gum or jewelry (this is a safety hazard)
3. Hair must be pulled back away from face and shoulders anytime a cheerleader is in motion.
4. If you are missing a uniform piece such as your bow, poms etc. you will be asked to sit out.
5. It is at the coaches discretion as to who is “game day ready” and knows required material.
6. It is at coach/coaches discretion whether a cheerleader is involved in stunting and/or placement in said stunt.
7. Negative or disrespectful attitude, behavior or comments towards self, team members, coaches (which includes football players/coaches as well ) including all types of social media, texting etc. will not be tolerated.
8. Absences may affect participation in stunting as well as game day performances and ability to cheer. It is at coaches discretion to determine eligibility.
9. During games/performances an appropriate positive expression must be maintained throughout the event.
10. Your behavior in and out of uniform should be a positive reflection of yourself, your team/program as well as your community.