

Regular Season Cheerleading Practice

It is very important for cheerleaders to be at all practices on time. We understand that emergency situations occur, but attendance at all practices is absolutely **MANDATORY!**

ATTENDANCE POLICY

If for any reason a cheerleader must miss practice, the Head Coach is to be notified **PRIOR** to practice via email or cell phone (you may text or leave a voicemail). If a cheerleader misses 2 or more practices (regular season **OR** Competition) out of a 3-day week, she will not be allowed to cheer at that week's game (unless prior arrangements were made with Head Coach/Board).

TARDIES/LEAVING EARLY

Parents, it is important that you get your child to practice on time. Regular season practices will start promptly at 6:00pm and will end promptly at 7:45 pm. It is **VERY** important for your cheerleader to warm up and stretch and we do this at the beginning of practice. A tardy will be marked if a cheerleader arrives after 6:15. If a child leaves before 7:15, it will count as a tardy. Three tardies will equal one absence.

DROP-OFF/PICK-UP POLICY

Children may not be dropped off at Regular Season practices! Your child may not be left unattended during practice under any circumstance! If for any reason you need to drop off your child, arrangements need to be made with a cheer board member and we must verify the cell phone on record. Your cheerleader must be picked up on time. Please respect that this is not a daycare or babysitting service; we are facilitating a structured youth athletic organization.

PRACTICE DRESS CODE

All Cheerleaders must wear the following comfortable clothing to **EVERY** practice:

- 1-** shorts (no denim, please)
- 2-** t-shirt (must cover the belly)
- 3-** tennis shoes with shoelaces that provide ankle support – cheer shoes are fine (Converse and Rocket Dog shoes usually do not provide appropriate ankle support.)
- 4-** hair tie (Long hair should be pulled up and out of the face – no exceptions!)
- 5-** bottled drink (Each girl must bring her own labeled bottle of water or sports drink. **NO SOFT DRINKS ARE ALLOWED.**)

Any girl that is not wearing the above-mentioned items will not be allowed to practice that day and it will count as an absence.

Parent signature

Cheer Board member signature